Are you looking to control costs and manage improvements?
Look to the subject matter experts!

What makes us different? The collaborative working relationship between operational experts and clinical experts that we have makes all the difference. The Innovations Services Team has over 100 years of professional dining services experience working with retirement communities, assisted living, and nursing and rehabilitation homes. Members of our Team are selected based on education, performance and experience in dining services. Wayne Toczek, CEO of the Team has a Bachelor's degree in Dietetics, is Consultant for the State of Indiana Heath Department, a certified ServSafe trainer, and a former district manager for a top-tier contractor prior to founding Innovations Services twelve years ago. He is the author of four books that are approved for CEUS, by NAB, DMA ADA and BS RN. He has written articles featured in DMA magazine over the past five years and has contributed to Food Management and Nursing Home Digest. His speaking engagements include companies such as Cynthia Chow and Associates, US Foodservice, Sysco, and the Pennsylvania, Ohio, Michigan, and Indiana Healthcare annual conventions. He has personally worked with some of the largest CCRC not-for-profit and for profit chains in the country as well as various other healthcare organizations. His Team consists of registered dietitians and operational consultants who have degrees in dietetics, institutional management and culinary services who have onsite experience as dining services directors, executive chefs, and regional directors in contract management companies.

Look to the experts for the solutions you need. Innovation Services programs and software allow you to:

- keep it simple;
- keep in compliance; and
- keep it improving.

What makes our software, manuals and training tools different? All of our tools are user designed and therefore user friendly. The software is flexible enough yet comprehensive enough to meet the needs of your operation. Our programs can export to Word and Excel to allow the user even greater flexibility. We understand the challenges of long term care, regulations and the constant pressure to do more with less. [See DM Magazine June 2011.] A brief description of our two software programs follows.

Resident Manager: Our software, consisting of two parts, is located in one networkable desktop program that allows for almost every possible scenario that may exist including open dining, room service, and enhanced dining services options. It begins as an electronic kardex that then helps you manage snacks, alert staff to allergies, manage distribution of food and includes a comprehensive weight management option.

Resident Menu Manager: Our web-based software begins with your menu and saves time and money by producing production sheets, grocery lists, pre-prep reports, food value tracking, selection sheets and even menus printed with nutritional information. The system can be monitored by your management or clinical team by viewing the usage log. The dashboard allows users to make correct substitutions and adequate food value exchanges. The menu program will learn based on information input, in other words, once a user answers or provides information, the program remembers it and requires less and less data entry as the program continues to be used. By letting the program know if an item is a one day ahead prep, a two day freezer pull, or even specific garnish instructions, it will use this information in the creation of a user friendly production sheet, or a prep pull sheet. The grocery list will even alert you to order the food item early to allow for correct timing of prep or thawing. The program includes a scalable recipe database that can be used as is but also allows users to enter their own recipes.

Our materials are used from Pennsylvania to California ...Why?...Because we get it. Time is a commodity and ease of use is a must. If it takes three days' training or constant support, then the material or software is simply too hard to use. The biggest challenge you will find is how you can improve your community with the program or what improvements you can make in customer or resident service with the extra time you now will have! [Look for Article on Technology by Wayne Toczek in the Feb. 2012 issue of DMA magazine.] To learn more, visit our website at www.Innovaservices.info

Introducing the Menu Manager Program

Innovations Services' web based menu program offers the best of all programs in one customizable program. As we understand that programs often have limitation and certain features unique to various users, our Program is applicable to all segments in the dining services industry. The Program can be used for nursing care, assisted living, independent living hospital service, enhanced room service, group homes, café service and restaurant service.

Simplicity and versatility is the key to this Program with five (5) simple sets to get up and running.

1. Set up your criteria in the "customize your community" section.

2. Import your recipes, ingredients and nutritional information from the electronic cookbook program MasterCook and easily add new recipes. This is a critical part of the Program as it will allow a grocery list of food items to order and correct nutritional information. The Program also has the option to directly enter information [ingredients and nutritional information] into the Program in the food item section.

3. Once your food item file is created set, up your menus. Menus can be any length [1 day to 100 if desired and] and even up to four meals a day such as brunch or continental breakfast in addition to tradition meal patterns. You can also designate traits of the food item, diet appropriateness or modification [if needed]. For example, a garnish, food groups [bread, vegetable, vitamin C source, etc...], advance prep or even if it should be pulled from the freezer in advance. These traits are displayed on reports in the reports section and can help automate instructions and ensure consistency.

4. Once you set up criteria for menus to be entered, then decide on a start date and create a menu period. These menus will cycle through continually in an endless loop until you set a new menu period. The Program allows for special menus to be used by designating a date and meal for the menu to be use. The special menu will override the current menu on that day but resume the regular rotation or cycle one the date has passed. If you decide to use the menu again just edit the date and year if needed.

5. Next, go to the daily menu and begin entering the menu by selecting the menu items from your food item file. Once your menu is complete it becomes all about the type of reports you want to use.

The reports are so versatile that options include direct printing from Excel to Word or simply directly from the internet browser.

Report descriptions and samples are enclosed in this book as samples.

Nutrition & Foodservice

Edge™

Building Bonds
With Residents

Batch Cooking
Safety Steps

Corrective Action
Done Correctly

Technology Tips
Making Smart Choices

Meet the
Cake Boss's
Next Great Baker

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FEATURES

An organization's most valuable resources are its *human* resources. Handling the corrective action process in the best way possible will help reinforce positive work behavior in employees and avoid legal issues.

Presenting your message in a way that's understood by the receiver is paramount to good communication. Strategies for sending clear messages are provided her.

It's important that nutrition and foodservice professionals develop a good relationship with residents. Communication will lead to better intake, and improved overall resident care.

Technology can save time, reduce paper, and organize your operation. But over-buying or not using features to their potential can present pitfalls. Learn how to buy what's right for your department's needs.

The Trouble With Technology

by | Wayne Toczek

Technology is a funny thing. It can make your life easier, but it can present challenges of its own when not chosen or used wisely.

ANYONE WHO USES MICROSOFT OFFICE EXCEL can perhaps identify. Think of this scenario which you have likely run into at some time: An untrained user takes a pile of papers, invoices, or receipts to enter into an Excel spreadsheet, but rather than use the functions afforded by the program to keep track of totals, the user is tapping away at a calculator or adding machine to make additions and calculations of the items being entered into Excel. When the user runs into an error, he can't research the error on the calculator without starting over, or has to look over the adding machine tape to find the discrepancy. What's wrong with this picture? Excel has the capability to do the addition and make multiple calculations while keeping track of the items being entered. Additionally, the user can readily see any discrepancies and edit them quickly, saving time and energy. Incredibly, this technology is right there in front of the user but is not utilized; and that is just a hint of what that program can do for users.

Did the user overbuy the technology or just fail to use it properly to reap the benefits? In many situations when people buy things for the technology offered, they are easily sold on the *potential* of the technology, but then fail to take the time or initiative to learn how to use it to their benefit. Or worse, people light up at the technology offered by the product, but never end up using it because they just don't need it, and therefore overbought.

When I started my business I purchased QuickBooks, and it was not cheap. So I maximize the features it offers, such as an electronic checkbook and electronic invoicing, and that makes

the software cost easier to swallow. I've noticed other businesses, however, that still use handwritten checkbooks and mail invoices rather than sending them electronically, despite having QuickBooks on their computers. This example is not meant to offend anyone, but it illustrates the point that people often don't understand how to use the technology they've invested in and have available to them at their fingertips, simply because they don't take the time to learn how to apply it to their tasks.

The old saying from the book *Who Moved My Cheese?* comes to mind: "Change or become extinct." Technology waits for no one, and just as the fax is being replaced by the scanner and e-mail (which is good because home and office phone land lines are being replaced by cell phones), technology can save time,

> 66 **Technology can save time,** reduce paper. and organize your operation to make it more effective and efficient. 99

reduce paper, and organize your operation to make it more effective and efficient.

Printed cookbooks are now being replaced by electronic cookbooks. Think of what this technology has to offer chefs. It would be senseless to just print a recipe without first scaling it to the needed portion size and amount. All recipe programs have this feature, and one scaled recipe that reduces waste or over production will not only pay for the program, but also save more money over time.

Take note that some features offered by new technologies may seem like a great commodity, but are of no value if not useful to the operation, or needs of a business. Here are some examples I imagine we have experienced in our lives...When buying a new oven for your home, do you buy one with convection "heat" and pay extra for that feature, or do you simply get a standard convection oven? For your catering or special meals business, do you purchase a traditional butane burner, or do you get the newer technology—the induction burner? What is trendier and what is more practical? What are the limitations of each? Perhaps a particular plug must be used with one of them. Maybe the other poses a fire hazard.

I recently had a meeting with a colleague and we marveled at how technology has come full circle in the foodservice industry. We compared simple plastic tray cards listing likes, dislikes, and other pertinent information, to complex tray cards listing more than you would ever need or could ever read, back to a simple need for data and logical sorts. Culture has changed and technology is adapting.

Knowledge is powerful, and knowing what features technology has to offer which will be beneficial versus what will be of no benefit can be invaluable. I find it interesting to ask an equipment salesperson if they have used the equipment in an actual operation, and if so, were the features they are highlighting beneficial, or is the salesperson simply quoting the equipment's user manual and selling the nice-to-have features. For example, having a digital electronic panel versus a dial on a piece of equipment. What is more productive, and more important, what will be used? Ask questions. A friend was telling me about his equipment and a feature called thermostatic cooking. I asked what it was and how it was important to the user. He explained in simple terms how the equipment is used in an everyday scenario and therefore how it was important to the user, and I found it to be a differentiating factor or technology with its competition.

Sometimes, once something is bought and actually used, the features sold or presented do not work out the way they were perceived to. Then the user tries desperately to get assistance from a "help desk," but the person working there has never

operated the equipment in an actual operation and cannot relate to what the user is trying to do. The communication gap is frustrating. The help desk is talking in technical terms and the user is then confused and asking, "What is that?" rather than getting answers that can be readily understood. Sometimes you hear "A click of the button" and reports come out, but they are not what you thought they would be. Now the expensive program that was meant to allow you more time to engage in the operation becomes nothing more than another nuisance to deal with, and you begin to use only limited features and circumvent half the features that were the reason you originally bought the program.

This often happens with vendors. They have great order programs that, unfortunately, are designed more for the warehouse than the user. Often, rather than creating an order guide, the manager uses an order history that may be loaded with things such as one-time buy items to five different types of something, say for example, tomato sauce. The program is not set up by week or based on the menu. The manager then ends up doing that on a tablet and spends more time cherry-picking items and often deal items that are sometimes marked or have a flag to alert the user if the item is missed. The process is further complicated by limited rhyme or reason to the order. Items are not organized as they should be by sheet to shelf; they are just randomly somewhere on the sheet, and in too many instances, the user ends up calling the sales rep for help finding an item. The whole order process becomes too complex, and not understanding features has created unnecessary work and stress.

Is it not worth learning how the system thinks and what it can and can't do before recreating the wheel? A good example is taking inventory. Many great managers spend hours on Excel creating formulas and entering food items to cost out. Some software has that function, but if not, why not create a fake order based on what you have and let the vendor software cost it out? The manager thinks, "Well, every item is not on the order." So what? Learn to be consistent on what you inventory and how. If you count a roast that has been cooked off one day prior, but it's reduced in size, count it as it was before cooked. Say it was used that day and half is left over; maybe you don't count it then. The important thing is to be consistent on what you count and when it counts. Open spice jars do not count, but on the shelf they do, and so on.

EVALUATING A FOOD VENDOR'S SOFTWARE

So how do you evaluate a food vendor's software to make sure it's productive for you and will make your job easier? Think about these questions, make sure you know how to use the software, and ensure your vendor takes the time to train you.

> " Some features offered by technologies may seem like a great commodity, but are of no value if not useful to the operation. "

- Do they speak your language (layman's terms) or expect you to learn their technical language?
- How does this save you time and make your life easier?
- Is it simple to use?
- Can you be trained and then do you understand the functions and are they easy to perform?
- Does it make sense, like ordering from eBay or an online store or getting on Facebook?
- Does it have a *save* function in case you accidently get booted out? Nothing is more frustrating than creating an order and then losing it all.
- Can you export to Excel if needed, or vice versa, to make customizing and e-mailing easier?
- Can you create your own customized order guides, not order history, but actual named order guides?
- Can they be easily sequenced to meet your needs and your storage areas?
- Can you search by name, cost (price range), and size? In other words, can you filter your search so you find what you want, not what the vendor wants you to see?
- Can you recall an item you may have ordered in the past?
- Can it provide instant electronic copies of invoices that can be forwarded to accounting once approved or researched if lost? Why not? Have you asked?
- Are you given advance warning on substitutes and options? Can you make the decision on the substitute item, since it's in electronic format? And in real time, will you be notified in advance or surprised on delivery?
- Thinking ahead, can you track your order, much like UPS or ordering from Dominos?
- Can you see the credit appear online in a day or so? Snail mail takes too long and requires too much energy.

EDUCATE YOURSELF AND YOUR BOSS

When you are told that the vendor has a menu at a hard-to-believe cost, do not automatically believe it. There are too many variables, i.e., what about the other items, such as milk

> **If you understand what you are buying** and the capabilities of the program or equipment, your investment will pay off in multitude, and you will see benefits follow.

and dairy? Where do they fall in the mix and what about other factors that affect food cost—over production, environmental or economical effect, yield, case size, etc. Educate and explain to your boss how in a perfect world that cost might still be impossible. Even more, what do the products on the menu taste like? Can your clients relate to the menu? What effect does every change in the menu have? In the end, question, and investigate claims. Remember, perception is your superior's reality at times.

THINK ABOUT TRAINING AND SUPPORT

Find out if a program and its features are intuitive, whether it takes days of intense training, and whether you can purchase various support plans. A good program thinks like the operator, not like a programmer. Being intuitive is key. The program should make sense to even the novice, if possible.

Are you locked in the program and not able to get out without starting over? Nothing is ever really free or without strings attached. The offering of a program is much like a free dispenser, however maybe only that company's product will fit with the program. Yes, particular options may work with the program, but only if you buy the brand offered by the program's company. It may be that the program's expectations or restrictions are being sold as a benefit. The startup time in using a new system with only its products will be a waste of time and resources if you change your mind soon after purchasing the program due to its restrictions on expectations not known to you at the time of purchase.

I'm also skeptical of software changes requested by users that require approval from the software company when it's basic and simply makes sense to upgrade the software to be more user-friendly. I, as well as you, assuredly find it frustrating when the user is not empowered to make adjustments after business hours or until the next business day. This often shows a clear lack of understanding of users' needs. Imagine telling your customer, "We will get you that cup of coffee by the next business day or so, during business hours." In today's world, with all the technol-

ogy available, that should never happen, but does the product you're buying understand that it shouldn't happen—that you should be able to operate outside standard "business hours?"

BEWARE OF BELLS AND WHISTLES

Sometimes when it sounds too good, it may be. Alternatively, maybe the amount of time spent setting up and maintaining some new technology warrants the result and the cost or a feature that can help produce a superior item if the feature is used correctly. Just make sure you know what you are getting and what it can and can't do. I don't like hearing sales reps say that at the click of a button you will have a complete order, or program this in and you will have the perfect roast by using number 4 on the key pad. Consider if the price is actually worth the extra features or technology. How will it pay for itself or offer improvement to you, the user?

DON'T DISMISS THE HUMAN ELEMENT

Perpetual inventories are for department stores and grocery stores. Not understanding that will only result in disappointment to any other user. Programmed cooking times must consider various factors; the human element comes into play in this situation. Shame on the buyer who does not ask questions first. Don't get me wrong—some technology is just as simple as your microwave's popcorn button, but even in that example, human interaction cannot be dismissed. Sometimes you need to open the microwave door to stop the cooking prior to the programmed running time.

So this new program you are learning about can cook the perfect roast or can generate an order list for the menu. Remember, however, that the actual list of items in the amounts needed are only as good as the updated counts. Last-minute usage based on late changes, condiments, recipes and current inventory, not to mention leftovers, and the tracking of over and under production all need to be taken into account. All require the human element to kick in and assess these factors. What if you work in a CCRC and maybe do not or will not use the system for all aspects, then what? You buy a different system for each aspect? Or can there be integration? If not now, then in the future? Will anyone in the software company listen and validate your concerns or needs? More importantly, will they even *understand* your concerns and needs?

SOME STANDARDS DO NOT CHANGE

No system will ever completely take the place of the human elements such as forecasting, historical trends, the weather, payday for your retail area, and other variables that can never be input as a definite into a computer. The computer is only as good as the information put into it; it is unaware of last-minute changes

and additions. Use the information as a reference, but be leery that complete blind faith is disastrous. Hence, a simple click of the button can never do it all. New technology that heats a pellet in 30 seconds will not save time or space, and even more important, reach the correct temperature if the pellet is not on the charger for 30 seconds. Buyers beware, ask questions, see it in action, and get references from actual users—not the sales and marketing team. Think about where you are left as technology changes, whether you can upgrade like an Apple iPad at Best Buy, or whether you will be stuck waiting another 20 years for the equipment or program to depreciate. Make all of this a part of the thought process and actual discussions.

WHAT YOU SHOULD UNDERSTAND

Always understand the assumptions of a program or piece of equipment. Spell Check is a great example and now even auto-

rectly to the user's needs. So keep this in mind—invest the time to set up the software or equipment to your specifications from the beginning. If you understand what you are buying and the capabilities of the program or equipment, your investment will pay off in multitude, and you will see benefits follow.

HAVE REALISTIC EXPECTATIONS

Expect the technology to make your job easier, solve a problem, and reduce mindless tasks. Expect the technology to keep you more organized or allow you to make better decisions and give you more time in front of the customer. Expect and ensure that the time invested in a new program will warrant a return. If you have to add hours or dedicate more time to get results beyond the startup, is the end result worth that extra time and dedication? Will it even be used or seen as a value to you?

> ❝ The computer is only as good as the information put into it; it is unaware of last-minute changes and additions. Use the information as a reference, but be leery that complete blind faith is disastrous. ❞

check and fill-in programs all have one thing in common: they don't know exactly what you are saying. They give you variables based on what you have input, and ultimately you pick the correct variable. I'm a notoriously bad speller and rely on a human editor, simply because even Spell Check does not cover all the bases. They're, there, their—which is it? A program will not know which is the correct variable. Understanding how the program thinks can save you time and trouble later, so don't hesitate to ask questions of the sales reps. Are they a user from the past? Have they worked a day in your shoes to understand what's important to you? If they have not, ask to talk with a current user or, better yet, visit one.

KNOW HOW TO MAXIMIZE

Remember the old saying, "If you don't take the time to do it right the first time, when are you going to have the time to fix it?" Rest assured, you will not have time to fix things later. Rather, people will often continue to jump through hoops and take unnecessary steps to get something where it needs to be, instead of taking the time to fix something so it operates cor-

For example, do you have a steam jacket kettle and your cooks still use boilers to cook soup because the production staff does not want to clean the equipment?

If you believe, they will believe. Get your staff involved in demonstrations and let them ask questions or pose arguments if needed. Actual user input is invaluable. Remember the story of the truck stuck under a bridge and all the engineers trying to figure out a solution? Raise the bridge, cut the truck, or pull it out…and finally the little boy who said, "Can't you just let the air out of the tires?" In the end, the technology you are purchasing is being used by your staff as well, so staff involvement counts.

MAXIMIZE RETURN ON INVESTMENT

Inevitably, you must calculate whether there is a payback on your investment. I recently spoke with an owner of a self-storage company who had mailed an invoice to me. For starters, he had my name wrong on the invoice; but then when I paid the invoice, he was confused as to why I was paying him

because the check was generated from my company account. Consequently he called to ask what I was paying him for. I inquired why he could not have cross-referenced the address on my check with the addresses to which he sends invoices. He replied, "I have 500 units." I asked why he couldn't look at them electronically. He simply said, "No, that is not how we do it." I wondered then and asked him, "You mail out 500 invoices every month?" Think about that. At 44 cents per stamp, 500 invoices mailed out 12 times a year, the cost of stamps and envelopes alone is at least $2,700. If this business owner would use the technology of Quick Books or any other accounting program, he could e-mail a majority of the invoices rather than mail them. Even if only a quarter or half of the customers had e-mail access, he would save money, not to mention his valuable time. His comment, however, was, "We have a system already; it prints labels and we can't look at anything else." Clearly, the idea of learning to use technology to his advantage was beyond his thinking. He spent valuable time and money printing invoices, stuffing them in envelopes, licking envelopes, and buying and sticking postage stamps on the envelopes. Yes, his system works, but his failure to embrace or even research time- and money-saving possibilities is just inconceivable. So, when you are presented with technology, look beyond now.

Food Protection Connection

Following are answers to the "Food Safety When Batch Cooking" review questions printed on page 16.

1. B 3. C 5. A 7. B
2. A 4. B 6. C

Please remember to complete the two short essay questions before submitting the CE form.

Certificate of Completion

This certifies that

_____

has successfully completed the review questions for the Nutrition & Foodservice Edge Food Protection Connection article

Food Safety When Batch Cooking

Offered by ANFP
Approved for 1 hour of sanitation CE credit

_____
Date

CPE # D1005   ANFP # 361

Ask:
- Will it save me time? If so, can I re-invest that time to improve my business or operation?
- Is there an investment payback?
- Will it grow with the business needs?
- Will it help solve a problem that is important to my operation?
- Will I be able to, and will I, use it correctly and will my staff?
- Can I make a task easier and therefore save on labor?
- Can it compensate for human error?
- Can it make an average result a better and improved result?
- How long will it take me to begin using it correctly so that it is advantageous to me?
- Does the person explaining it comprehend a day in your shoes, actually using it?
- Is there a case study and users I can talk with?
- How much support will be provided to me?
- Anything else you see as important.

In many ways you are already using technology to your advantage—perhaps you pay bills online, saving you the cost of stamps and, more important, maybe even avoiding late fees. Paper reduction and cashless transactions are the way of the future. Some standards are already set, such as electronic statements. Even department stores now offer online receipts and some provide a lookup of your account by the credit card you used. Technology is moving forward with or without you, and failure to utilize it properly can eat up the one thing that we only get so much of—time. Whether it's digging through mounds of paper, or tallying items by hand, most technological advancements can be learned in little time.

SUMMING IT UP

Embrace the future and the many forms of technology available, but do your homework and know exactly what responsibilities and obligations you will bear to get the most out of your investment. Understand the difference between "must have" features and "nice to have" features, and whether you can get what you need from it or if it's too much or too difficult to learn. Knowledge is power. Educate yourself and understand what your [I mean "you're"—that darn Spell Check] getting and not getting with the technology out there.

Wayne Toczek is CEO of Innovations Services, Norwalk, OH. He's author of *The Dining Experience* and *The Customer Experience*, and co-author of *Food Service Tune Up* and *Safe Dining for the Highly Susceptible Customer*. Contact him at (419) 663-9300 or visit www.innovaservices.info

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Menu Manager

*Master Site

You are logged as admin adLastName   Log out
Resource shelf

Home   Administration   ▸ Customize your community | Menu Calendar | Food Items ▸ | Menu ▸ | Diet Exceptions | Reports

Home

Menu Writing and Creating Extensions Sheets

The menu is one of the driving forces behind any food service program. The creation of menus can be accomplished in several different ways. Vendors create menus with either software provided program or with the menu department within the organization. Consultant dietitians can create menus, or they can be created in-house using Word or Excel. All of these are adequate to manage the menu, however each one has limitations

The limitations include automation, adjustments, flexibility, turn-around time, current data-entry time, data entry restrictions, saving capabilities, approval of diets, production sheets, recipes, integrating guest counts, food exchange tracking, and compatibility with other programs to enhance the presentation of the menu.

These limitations can affect the user-friendliness, the time it takes to produce results, and the expectations of the results. Many programs produce menus that are not easily editable and the time it takes to edit can become a burden. Some programs will not store holiday and monotony breaker menus. The time it takes to create a menu and extension sheets is only the beginning. From there, recipes, production sheets, order guides, selection sheets and menus for posting will add to the time burden.

These factors have been the driving force behind the creation of the Resident Menu Manager program. This innovative, web-based program has all the things a dining service director would want a program to do and MORE! Professionals who are operators in the field, and who understand what it takes to run a productive, cost-effective, quality dining service operation designed the program. We know that your time is limited and that useful information is needed quickly. We have addressed this need by developing a system that enables you to easily make changes to the menu daily or weekly in response to customer comments and requests. Additionally, as changes are made they are carried through to food ordering and other production tools such as:

- Production sheets (including freezer pulls, pre-prep, garnish, updated diet/production counts based on census
- Grocery lists of menu items and ingredients needed based on the recipe

The program will not generate a grocery list that will tell the user exactly what to order. It will alert the user to all ingredients needed. Condiments and garnish are included in this by simply adding them to the database. We believe, as an industry standard, that it is the manager or designee's responsibility to engage in the correct ordering procedure by taking a physical inventory of all products on hand

Other functions available include:
- Set up ordering of par level items
- Actual counting of physical inventory against the upcoming menu
- Adjustment of order based on needs, leftovers, and recipe adjustments
- Controlled access to reports to prevent altering of menus

Get useful information such as:
- Week at a glance menus that are exportable to Word and Excel, complete with dates in a "non" institutional format. Therefore, it is easy to customize the menus, i.e. add borders, graphics and make font enhancements. It also allows for the menus to be in a format that can be e-mailed. Because the program is driven by dates, information is always current and reflective of changes and with it being web-based; the user can access it from anywhere. Date, item and user in a date range report, if needed track changes
- Extension sheets that are easy for staff to view and refer to when serving food items. Extended diets not being used can be inactive while not being used. This will give the user less to filter through while serving the meal or checking on a diet.
- Menus that are presentable and do not require retyping, that can be easily e-mailed or accessed.
- Editing menus is easy as the program remembers permission for diets; extending is automatic unless prompted by the program.
- The audit function also helps to ensure food items are not skipped over and allows the user to easily edit information.
- Production sheets are complete by meal and exportable to Excel. These sheets contain all critical production information such as:
- Menu items, substitutes and modifications [with diets specified]
- Production counts and tallies totaled and by location
- Garnish is specified if appropriate
- 2 day ahead freezer pull
- 1 day in advance pre-preparation list

Special meals and events are added in the program and triggered by the date, which can be edited as needed to any date or year. For example, if you develop a nice Labor Day picnic style menu, you can run it endlessly by simply editing the date in the menu calendar.

Innovations Services
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Office/Fax 419-663-9300
www.innovaservices.info

RMM

You are logged as admin adLastName   Log out
Resource shelf

Menu Manager
*Master Site

Home | Administration ▸ | Customize your community | Menu Calendar | Food Items ▸ | Menu ▸ | Diet Exceptions | Reports |

Customize your community

Customize your Community

Meal names

1. Breakfast
2. Lunch
3. Dinner
4. ☐

Save

*Note: Meal names appear on **all reports**, these fields are left open for communities that wish to call meals by different names such as "Supper". The Fourth section is for communities that may offer an additional meal or even Breakfast Buffet Breakfast Lunch and Dinner. Keep in mind the order in which meals **appear are** dictated by the numbers in the boxes*

Diet and Meal categories

Diet Name	Description	Census Count
Finger Foods		C ✓ 🖾 ✎ ✗
LCS	Diabetic	C ✓ 🖾 ✎ ✗
Low Fat/Low Chol		C ✓ 🖾 ✎ ✗
Mech		C ✓ 🖾 ✎ ✗
NAS		C ✓ 🖾 ✎ ✗
Puree	Puree	C ✓ 🖾 ✎ ✗
Regular		75	C ✓ 🖾 ✎ ✗
Renal		C ✓ 🖾 ✎ ✗
Renal /LCS	Renal and Low con sweets	⊘ 🖾 ✎ ✗

Add Diet

Merge   Finger Foods   ▼ Into Finger Foods   ▼

Dining Locations

☑ Use Dining Locations

Location Name   **Census By Diets**

	Diet Name	Census Count	
	Finger Foods	10	
	LCS	0	
	Low Fat/Low Chol	0	
Dining Room	Mech	5	✎ ✗
	NAS	0	
	Puree	0	
	Regular	0	
	Renal	7	
	Renal /LCS	0	

	Diet Name	Census Count	
	Finger Foods	2	
	LCS	8	
	Low Fat/Low Chol	0	
Room Service	Mech	10	✎ ✗
	NAS	0	
	Puree	12	
	Regular	30	
	Renal	0	
	Renal /LCS	0	

Add Location

Food Groups and Carbohydrates

Name	Description	Daily Value	
Breads and Grains	servings	6	✎ ✗
Carbohydrates	15g per serving	11	✎ ✗
Fruits and Vegetables	servings	5	✎ ✗
Meat and Proteins	ounces	6	✎ ✗
Milk and Dairy	servings	2	✎ ✗
Vitamin A source	every other day	0 5	✎ ✗
Vitamin C source	servings	1	✎ ✗

Add

Name

Calories ✔ ✖

Fat ✔ ✖

Protein ✔ ✖

Carbohydrate ✔ ✖

Dietary Fiber ✔ ✖

Cholesterol ✔ ✖

Sodium ✔ ✖

trace Fat ✔ ✖

trace Protein ✔ ✖

trace Carbohydrate ✔ ✖

trace Dietary Fiber ✔ ✖

trace Cholesterol ✔ ✖

trace Sodium ✔ ✖

Add

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Menu Calendar

Menu Cycles

Menu Period.   Spring (04/29) |▼| Add   Edit   Remove

▼▼▼	✗
Silver 8	✗
11	✗
Silver 10	✗
19	✗
Silver	✗

Note The menu calendar
signifies the beginning of the
Menu Season within the
menu calendar

≤	November 2012				≥	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Menu Cycle: 2 (7)   ▼   Create new Cycle   Edit   Remove

Save As   Add to Menu Period   Export Cycle   Import Cycle

Special Menus

Menu	Week day			
Valentine Menu (02/14)	Sunday	➜	✎	✗
Easter (04/24)	Any	➜	✎	✗
July 4th (07/04)	Any	➜	✎	✗
Thanksgiving (11/24)	Any	➜	✎	✗
picnic CHIX (08/06)	Any	➜	✎	✗

Add   Import Menu

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REQUEST for _____ change   MASTER COOK BOOK

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Menu>>Daily Menu

Daily Menu

Cycle: 30   ▼
Day: ◀ 2   ▼ ▶

Flip Meals

Change:	Breakfast	▼
With	Breakfast	▼
Period:	Spring (04/29)	▼
Cycle:	Silver 8	▼
Day:	All	▼

≤	November 2012					≥
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Without Approval 🔲

For tim (09/16)
Silver 10 (7)
30 (7)
Silver 10 (7)
30 (7)

Add Food item

Food Groups tracking	Required	Total For Day
Breads and Grains	6	4
Carbohydrates	11	12.5
Fruits and Vegetables	5	5
Meat and Proteins	6	9
Milk and Dairy	2	3.5
Vitamin A source	0.5	0
Vitamin C source	1	1

Breakfast
4 Layer Salad   ▼ alternate
Portion size: 4   Oz ▼ Add
Juice of Choice (4 Oz)   ✖
Cold Cereal or Hot Cereal (1 Cup)   ✖
Scrambled Eggs (2 Oz)   ✖
Apple Sausage Bake (1 Slice)   ✖

Lunch
4 Layer Salad   ▼ alternate
Portion size: 4   Oz ▼ Add
Cream of Asparagus Soup (6 Oz)   ✖
Crackers (1 Each)   ✖
Chicken Salad Sandwich (1 Oz)   ✖
Lettuce/Tomato/Onion (1 Each)   ✖
Raspberry Poke Cake (1 Each)   ✖

Dinner
4 Layer Salad   ▼ alternate
Portion size: 4   Oz ▼ Add
Oven Baked Fish (3 Oz)   ✖
Seasoned Rice (4 Oz)   ✖
Mandarin Coleslaw (4 Oz)   ✖
Fruit Medley (0.5 Cup)   ✖

Note: The order of menu items can be rearranged once entered, simply drag to desired space. Remember: Alternate items will be printed in italic, select the check box to enable function to italic the food item [You can further format in Excel if needed]

Friday 11/09/2012
Breakfast (Copy)
Assorted juice (4 Oz)
Cold Cereal or Hot Cereal (5 Cup)
Scrambled Eggs (2 Oz)
French Toast (1 Each)
Syrup (1 Oz)

Lunch (Copy)
Hearty Vegetable Beef Soup (6 Oz)
Fresh Fruit Plate (6 Oz)
Cottage Cheese (4 Oz)
Oatmeal Cookies (2 Each)

Dinner (Copy)
Meatloaf, Home Style (4 Oz)
Beef Gravy (2 Oz)
Mashed Potatoes (4 Oz)
Broccoli (4 Oz)
Peach Cobbler (4 Oz)

Saturday 11/10/2012
Breakfast (Copy)
Assorted juice (4 Oz)
Cold Cereal or Hot Cereal (6 Cup)
Cheese Omelet (3 Each)
Bacon (2 Slice)
Toast (1 Slice)
Jelly (1 Each)

Lunch (Copy)
Baked Cod (4 Oz)
Baked Sweet Potato (0.5 Each)
Key West Vegetables (4 Oz)
Oreo Delight (4 Oz)

Dinner (Copy)
Tossed Salad (4 Cup)
Assorted Dressing (1 Oz)
Johnny Marzetti (8 Oz)
Corn Bread (1 Slice)
Mandarin Oranges (4 Oz)

Sunday 11/11/2012
Breakfast (Copy)
Juice of Choice (4 Oz)
Cold Cereal or Hot Cereal (1 Cup)
French Toast (1 Each)
Syrup (1 Oz)
Bacon (2 Slice)

Lunch (Copy)
Roast Beef (3 Oz)
Mashed Potatoes (4 Oz)
Baby Carrots (0.5 Cup)
Parmesan Biscuit (1 Each)
Fruit of the Forest Pie (1 Slice)

Dinner (Copy)
Pork BBQ on a Bun (4 Oz)
Cucumber Slices (0.5 Cup)
Garden Vegetable Dip (2 Oz)
Potato Chips (1 Cup)
Orange Wedge (2 Each)

Monday 11/12/2012
Breakfast
Juice of Choice (4 Oz)
Cold Cereal or Hot Cereal (1 Cup)
Scrambled Eggs (2 Oz)
Apple Sausage Bake (1 Slice)

Lunch
Cream of Asparagus Soup (6 Oz)
Crackers (1 Each)
Chicken Salad Sandwich (1 Oz)
Lettuce/Tomato/Onion (1 Each)
Raspberry Poke Cake (1 Each)

Dinner
Oven Baked Fish (3 Oz)
Seasoned Rice (4 Oz)
Mandarin Coleslaw (4 Oz)
Fruit Medley (0.5 Cup)

Tuesday 11/13/2012
Breakfast (Copy)
Juice of Choice (4 Oz)
Cold Cereal or Hot Cereal (1 Cup)
Sausage Gravy over a Biscuit (4 Oz)
Banana (1 Each)

Lunch (Copy)
Pork Scallopini (4 Oz)
Egg Noodles (4 Oz)
Tossed Salad (4 Cup)
Assorted Dressing (1 Oz)
Dinner Rolls (1 Each)
Pineapple Chunks (4 Oz)

Dinner (Copy)
Stuffed Cabbage with Tomato Sauce (1 Each)
Mashed Potatoes (4 Oz)
Cottage Cheese (4 Oz)
Dinner Rolls (1 Each)
Strawberry Ice Cream (1 Each)

Wednesday 11/14/2012
Breakfast (Copy)
Juice of Choice (4 Oz)
Cold Cereal or Hot Cereal (1 Cup)
Scrambled Eggs (2 Oz)
Bacon (2 Slice)
Blueberry Muffin (1 Each)

Lunch (Copy)
Potato Crunch Fish Filet (3 Oz)
Boiled Parslied Potatoes (4 Oz)
Green Beans (4 Oz)
Dinner Rolls (1 Each)
Plums (0.5 Cup)

Dinner (Copy)
Italian Vegetable Bean Soup (6 Oz)
Crackers (1 Each)
Grilled Chicken Sandwich (1 Each)
Lettuce/Tomato/Onion (1 Each)
Coleslaw (0.5 Cup)
Vanilla Pudding (4 Oz)

Thursday 11/15/2012
Breakfast (Copy)
Juice of Choice (4 Oz)
Cold Cereal or Hot Cereal (1 Cup)
Hard-Cooked Eggs (1 Each)
Breakfast Sausage (2 Oz)
English Muffin (1 Each)

Lunch (Copy)
Spinach Lasagna Rolls (1 Each)
Broccoli (4 Oz)
Breadstick (1 Each)
Parmesan Cheese (1 Each)
Pistachio Delight (4 Oz)

Dinner (Copy)
Meat Loaf (3 Oz)
Oven Browned Potatoes (4 Oz)
Buttered Corn (4 Oz)
Dinner Rolls (1 Each)
Peaches (4 Oz)

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Menu>>Alternate Menu

Alternate Menu

4 Layer Salad   ⏷   Add

Note click to buttons with digits to add or remove appropriate alternates from food groups adequacy (F) or selection (S) report

Portion size: 4 Oz

	Meals to include in food groups report	Meals to include in Selection report
Grilled Cheese Sandwiches (1 Each)	🔘 🔘₂ 🔘 🔘	🔘 🔘 🔘 🔘 ✖
Hamburger (3 Oz)	🔘 🔘₂ 🔘 🔘	🔘 🔘 🔘 🔘 ✖
Chicken Salad (3 Oz)	🔘 🔘₂ 🔘 🔘	🔘 🔘 🔘 🔘 ✖
Peanut Butter Sandwich (1 Each)	🔘 🔘₂ 🔘 🔘	🔘 🔘 🔘 🔘 ✖
Ham Sandwich (1 Each)	🔘 🔘₂ 🔘 🔘	🔘 🔘 🔘 🔘 ✖
Chef's Salad (6 Oz)	🔘 🔘₂ 🔘 🔘	🔘 🔘 🔘 🔘 ✖

Alternate Periods:

Alternate Period: ⏷   Add Period

Alternate Cycles:

Alternate Cycle   ⏷   Add Cycle

Cycle Alternates:

Alternate: Grilled Cheese   ⏷   Add to Cycle

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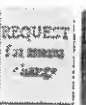
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Menu>>Condiments/Beverages

4 Layer Salad   ▾   Add

Condiments/Beverages
Note click to buttons with digits to add or remove appropriate alternates from food groups adequacy (F) or selection (S) report

	Meals to include in food groups report	Meals to include in Selection report
Milk (8 Oz)	🖰 🖰 🖰 🖰	🖰 🖰 🖰 🖰 ✗
Salt (1 Each)	🖰 🖰 🖰 🖰	🖰 🖰 🖰 🖰 ✗
Creamer (1 Each)	🖰 🖰 🖰 🖰	🖰 🖰 🖰 🖰 ✗
Pepper (1 Each)	🖰 🖰 🖰 🖰	🖰 🖰 🖰 🖰 ✗
Sugar packet (1 Each)	🖰 🖰 🖰 🖰	🖰 🖰 🖰 🖰 ✗

Portion size: 4 Oz

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Food Items>>Food Items

Food Items

Menu Period: Spring (04/29)   ▼   Menu Cycle: Silver 8   ▼   All   ▼   Filter   Show All

Input Search Text Here

| Show duplicates | Import | Export food items | Add Food Item | No ingredients | No Food Values | Not Set Diets | Alternates | Condiments |

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 >>

Name	Default Portion Size	Measure	Serving Instructions	Ingredients count
4 Layer Salad	4	Oz		7
Acini De Pepe Fruit Salad	0.5	Cup		6
Almond Crusted Chicken	4	Oz		2
Aloha Chicken Breast	4	Oz		2
ALTERNATES	0	Each		0
Ambrosia Fruit Salad	0.5	Cup		5
Amish Casserole	0.5	Cup		7
Amish Chicken	4	Oz		3
Amish Noodles	0.5	Cup		1
Angel Food Cake	1	Slice	(1/12 th of a round cake)	6
ANGUS BACON CHEDDAR BURGER	4	Oz		6
ANGUS BISTRO BURGER	4	Oz		15
ANGUS PIZZA BURGER	4	Oz		5
Apple Cobbler	0.5	Cup		4
Apple Crisp	0.5	Cup		3
Apple Crumb Cake	1	Slice	2x2" sq	2
Apple Crumb Pie	1	Slice	1/10th of a pie	3

Clear Food Items

Note You may add menu food item names This will not affect the grocery list However if you change an ingredient you must create a new recipe or edit it and save it in a new cook book export it in Master Cook and then import into RMM in the Food Item section See section called Cook Books for more information

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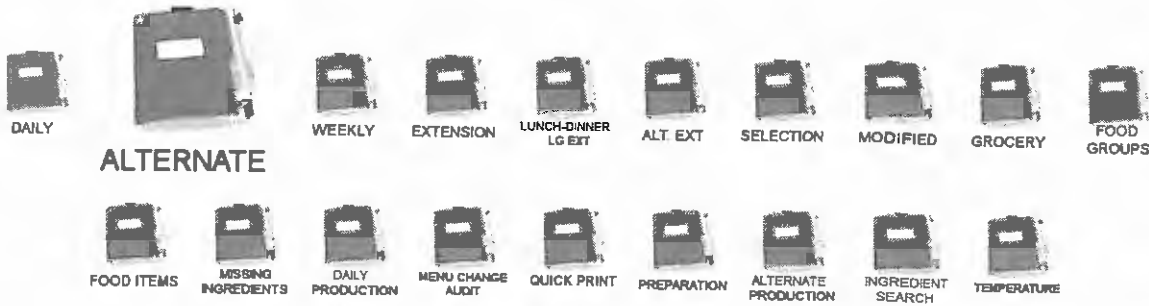www.innovaservices.info

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Reports

DAILY   ALTERNATE   WEEKLY   EXTENSION   LUNCH-DINNER LG EXT   ALT. EXT.   SELECTION   MODIFIED   GROCERY   FOOD GROUPS

FOOD ITEMS   MISSING INGREDIENTS   DAILY PRODUCTION   MENU CHANGE AUDIT   QUICK PRINT   PREPARATION   ALTERNATE PRODUCTION   INGREDIENT SEARCH   TEMPERATURE

☐ Without portion size   Start Date: 11/12/2012

☐ Include nutritional info   For tim (09/16) : 30 (7) : Day 2

End Date: 11/12/2012

Select Diet: ▼

Show Report   Print Report   Export To Excel   Export To Word

Note Reports are printed two ways on program or by exporting to Excel It is recommended that you print preview all reports Use the page set up feature to make adjustments with size, margins and spacing

Formatting of the reports can only be done in Excel In Excel you have the ability to create borders format font coloring adding pictures and more

You can also delete or add and change the items in Excel For example you can add 'bread and Milk offered daily' on Week at a glance under each meal in the center and delete it off each day in Excel This will create a "less institutional" look or if you are part of a CCRC you can add additional entrée or items that are offered in dining room
Caution Always export to Excel from RMM this will ensure information is current for example if you export a week with a special menu in it for a particular holiday the next time you export the holiday menu will not show if it is passed already because the program will update but the previous exported spreadsheet will not reflect the resumption of menu without holiday

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Reports

ALTERNATE   WEEKLY   EXTENSION   LUNCH-DINNER LG EXT   ALT EXT   SELECTION   MODIFIED   GROCERY   FOOD GROUPS

DAILY

FOOD ITEMS   MISSING INGREDIENTS   DAILY PRODUCTION   MENU CHANGE AUDIT   QUICK PRINT   PREPARATION   ALTERNATE PRODUCTION   INGREDIENT SEARCH   TEMPERATURE

☐ Without portion size   Start Date: 11/12/2012

☐ Include nutritional info   For tim (09/16) : 30 (7) : Day 2

End Date: 11/12/2012

Select Diet: ▾

Show Report   Print Report   Export To Excel   Export To Word

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Friday, 11/09/2012

Breakfast
Assorted juice
Cold Cereal or Hot Cereal
Scrambled Eggs
French Toast
Syrup

Lunch
Hearty Vegetable Beef Soup
Fresh Fruit Plate
Cottage Cheese
Oatmeal Cookies

Dinner
Meatloaf, Home Style
Beef Gravy
Mashed Potatoes
Broccoli
Peach Cobbler

*Master Site

Breakfast
Juice of Choice (4 Oz)
Cold Cereal or Hot Cereal (1 Cup)

| Calories 0 | Fat 0g — calories from fat 0.0% | Protein 0g | Carbohydrate 0g | Dietary Fiber 0g | Cholesterol 0mg | Sodium 0mg |

French Toast (1 Each)

| Calories 114 | Fat 3g — calories from fat 25.9% | Protein 5g | Carbohydrate 16g | Dietary Fiber 1g | Cholesterol 62mg | Sodium 296mg |

Syrup (1 Oz)

| Calories 355 | Fat 0g — calories from fat 0.0% | Protein 0g | Carbohydrate 92g | Dietary Fiber 0g | Cholesterol 0mg | Sodium 26mg |

Bacon (2 Slice)

| Calories 73 | Fat 6g — calories from fat 78.2% | Protein 4g | Dietary Fiber 0g | Cholesterol 11mg | Sodium 202mg |

Lunch
Roast Beef (3 Oz)

| Calories 229 | Fat 12g — calories from fat 49.4% | Protein 28g | Cholesterol 62mg | Sodium 243mg |

Mashed Potatoes (4 Oz)

| Calories 61 | Fat 4g — calories from fat 52.4% | Protein 1g | Carbohydrate 7g | Dietary Fiber 1g | Cholesterol 0mg | Sodium 128mg |

Baby Carrots (0.5 Cup)

| Calories 0 | Fat 0g — calories from fat 0.0% | Protein 0g | Carbohydrate 0g | Dietary Fiber 0g | Cholesterol 0mg | Sodium 0mg | Calories |

Parmesan Biscuit (1 Each)
Fruit of the Forest Pie (1 Slice)

Dinner
Pork BBQ on a Bun (4 Oz)

| Calories 0 | Fat 0g — calories from fat 0.0% | Protein 0g | Carbohydrate 0g | Dietary Fiber 0g | Cholesterol 0mg | Sodium 0mg |

Cucumber Slices (0.5 Cup)
Garden Vegetable Dip (2 Oz)
Potato Chips (1 Cup)

| Calories 608 | Fat 39g — calories from fat 56.6% | Protein 8g | Carbohydrate 60g | Dietary Fiber 5g | Cholesterol 0mg | Sodium 674mg |

Orange Wedge (2 Each)

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Reports

DAILY

ALTERNATE

WEEKLY   EXTENSION   LUNCH-DINNER LG EXT   ALT. EXT   SELECTION   MODIFIED   GROCERY   FOOD GROUPS

FOOD ITEMS   MISSING INGREDIENTS   DAILY PRODUCTION   MENU CHANGE AUDIT   QUICK PRINT   PREPARATION   ALTERNATE PRODUCTION   INGREDIENT SEARCH   TEMPERATURE

☐ Include nutritional info

Start Date: 11/12/2012

For tim (09/16) . 30 (7) : Day 2

End Date: 11/12/2012

Show Report   Print Report   Export To Excel   Export To Word

Note Reports are printed two ways on program or by exporting to Excel It is recommended that you print preview all reports Use the page set up feature to make adjustments with size margins and spacing

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Caution Always export to Excel from RMM this will ensure information is current for example if you export a week with a special menu in it for a particular holiday the next time you export the holiday menu will not show if it is passed already because the program will update but the previous exported spreadsheet will not reflect the resumption of menu without holiday

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Alternate Menu

Sunday, 11/25/2012

Hamburger
Add description here in Word if desired

Grilled Cheese Sandwich
Add description here in Word if desired

Grilled Chicken
Add description here in Word if desired

Chicken Salad
Add description here in Word if desired

Peanut Butter Sandwich
Add description here in Word if desired

Ham Sandwich
Add description here in Word if desired

Chef's Salad
Add description here in Word if desired

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Reports

| | | | | | | | | | | |
|DAILY|ALTERNATE| |EXTENSION|LUNCH-DINNER LG EXT|ALT. EXT.|SELECTION|MODIFIED|GROCERY|FOOD GROUPS|

WEEKLY

|FOOD ITEMS|MISSING INGREDIENTS|DAILY PRODUCTION|MENU CHANGE AUDIT|QUICK PRINT|PREPARATION|ALTERNATE PRODUCTION|INGREDIENT SEARCH|TEMPERATURE|

☐ Without portion size

Start Date: 11/12/2012

For lim (09/16) : 30 (7) : Day 2

Select Diet: |▼

Show Report   Print Report   Export To Excel   Export To Word

Note: Reports are printed two ways: on program or by exporting to Excel. It is recommended that you print preview all reports. Use the page set up feature to make adjustments with size, margins and spacing.

Formatting of the reports can only be done in Excel. In Excel you have the ability to create borders, format font, coloring, adding pictures and more.

You can also delete or add and change the items in Excel. For example you can add "bread and Milk offered daily" on Week at a glance under each meal in the center and delete it off each day in Excel. This will create a "less institutional" look or if you are part of a CCRC you can add additional entrée or items that are offered in dining room.

Caution: Always export to Excel from RMM, this will ensure information is current, for example if you export a week with a special menu in it for a particular holiday, the next time you export, the holiday menu will not show if it is passed already because the program will update, but the previous exported spreadsheet will not reflect the resumption of menu without holiday.

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Menu

	Friday 11/09/2012	Saturday 11/10/2012	Sunday 11/11/2012	Monday 11/12/2012	Tuesday 11/13/2012	Wednesday 11/14/2012	Thursday 11/15/2012
Breakfast	Assorted juice Cold Cereal or Hot Cereal Scrambled Eggs French Toast Syrup	Assorted juice Cold Cereal or Hot Cereal Cheese Omelet Bacon Toast Jelly	Juice of Choice Cold Cereal or Hot Cereal French Toast Syrup Bacon	Juice of Choice Cold Cereal or Hot Cereal Scrambled Eggs Apple Sausage Bake	Juice of Choice Cold Cereal or Hot Cereal Sausage Gravy over a Biscuit Banana Blueberry Muffin	Juice of Choice Cold Cereal or Hot Cereal Scrambled Eggs Bacon English Muffin	Juice of Choice Cold Cereal or Hot Cereal Hard-Cooked Eggs Breakfast Sausage English Muffin
Lunch	Hearty Vegetable Beef Soup Fresh Fruit Plate Cottage Cheese Oatmeal Cookies	Baked Cod Baked Sweet Potato Key West Vegetables Oreo Delight	Roast Beef Mashed Potatoes Baby Carrots Parmesan Biscuit Fruit of the Forest Pie	Cream of Asparagus Soup Crackers Chicken Salad Sandwich Lettuce/Tomato/Onion Raspberry Poke Cake	Pork Scallopini Egg Noodles Tossed Salad Assorted Dressing Dinner Rolls Pineapple Chunks	Potato Crunch Fish Filet Boiled Parslied Potatoes Green Beans Dinner Rolls Plums	Spinach Lasagna Rolls Broccoli Breadstick Parmesan Cheese Pistachio Delight
Dinner	Meatloaf, Home Style Beef Gravy Mashed Potatoes Broccoli Peach Cobbler	Tossed Salad Assorted Dressing Johnny Marzetti Corn Bread Mandarin Oranges	Pork BBQ on a Bun Cucumber Slices Garden Vegetable Dip Potato Chips Orange Wedge	Oven Baked Fish Seasoned Rice Mandarin Coleslaw Fruit Medley	Stuffed Cabbage with Tomato Sauce Mashed Potatoes Cottage Cheese Dinner Rolls Strawberry Ice Cream	Italian Vegetable Bean Soup Crackers Grilled Chicken Sandwich Lettuce/Tomato/Onion Coleslaw Vanilla Pudding	Meat Loaf Oven Browned Potatoes Buttered Corn Dinner Rolls Peaches

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Reports

DAILY   ALTERNATE   WEEKLY

EXTENSION

LUNCH-DINNER LG EXT   ALT. EXT   SELECTION   MODIFIED   GROCERY   FOOD GROUPS

FOOD ITEMS   MISSING INGREDIENTS   DAILY PRODUCTION   MENU CHANGE AUDIT   QUICK PRINT   PREPARATION   ALTERNATE PRODUCTION   INGREDIENT SEARCH   TEMPERATURE

Start Date: 11/12/2012

For tim (09/16) . 30 (7) : Day 2

End Date: 11/12/2012

Select Meal   All Meals   ▾

Show Report   Print Report   Export To Excel

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Regular		Finger Foods	LCS	Mech	Puree	Renal
Breakfast	Portion size					
Assorted juice	4 Oz					No Prune or orange juice
Cold Cereal or Hot Cereal	6 Cup	In Mug if Hot			Puree if cold cereal	No Raisin Bran, Shredded Wheat or Oatmeal
Scrambled Eggs	2 Oz	Hard Cooked Egg			Pureed	
French Toast	1 Each	Cut in strips			Pureed	
Syrup	1 Oz	Cup for dipping	Diet Syrup			
Lunch						
Hearty Vegetable Beef Soup	6 Oz	in mug		chopped vegs/ beef	Pureed	chicken noodle soup
Fresh Fruit Plate	8 Oz			Canned (Bananas OK)	Pureed	
Cottage Cheese	4 Oz	Cheese Cubes			Pureed	Scrambled Eggs
Oatmeal Cookies	2 Each		1 Cookie	Sugar Cookie	Pureed	Sugar Cookie
Dinner						
Meatloaf, Home Style	4 Oz	Chunks		Ground	Pureed	
Beef Gravy	2 Oz	in cup for dipping				Omil
Mashed Potatoes	4 Oz	Tater Tots				Noodles or White Rice
Broccoli	4 Oz				Pureed	
Peach Cobbler	4 Oz	Diced Peaches	SF Peach Cobbler		Pureed	
Condiments						
Milk	8 Oz		Skim Milk			
Salt	1 Each					Mrs Dash
Creamer	1 Each					
Pepper	1 Each					
Sugar packet	1 Each		Sugar Sub			

Regular	Portion size	Finger Foods	LCS	Mech	Puree	Renal
Breakfast						
Assorted juice	4 Oz					No Prune or orange juice
Cold Cereal or Hot Cereal	6 Cup	In Mug if Hot			Puree if cold cereal	No Raisin Bran, Shredded Wheat or Oatmeal
Scrambled Eggs	2 Oz	Hard Cooked Egg			Pureed	
French Toast	1 Each	Cut in strips			Pureed	
Syrup	1 Oz	Cup for dipping	Diet Syrup			
Lunch						
Hearty Vegetable Beef Soup	6 Oz	in mug		chopped vegs/ beef	Pureed	chicken noodle soup
Fresh Fruit Plate	8 Oz			Canned (Bananas OK)	Pureed	
Cottage Cheese	4 Oz	Cheese Cubes			Pureed	Scrambled Eggs
Oatmeal Cookies	2 Each		1 Cookie	Sugar Cookie	Pureed	Sugar Cookie
Dinner						
Meatloaf, Home Style	4 Oz	Chunks		Ground	Pureed	
Beef Gravy	2 Oz	in cup for dipping				Omit
Mashed Potatoes	4 Oz	Tater Tots				Noodles or White Rice
Broccoli	4 Oz				Pureed	
Peach Cobbler	4 Oz	Diced Peaches	SF Peach Cobbler		Pureed	
Condiments						
Milk	8 Oz		Skim Milk			
Salt	1 Each					Mrs Dash
Creamer	1 Each					
Pepper	1 Each					
Sugar packet	1 Each		Sugar Sub			

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Reports

DAILY	ALTERNATE	WEEKLY	EXTENSION	**LUNCH-DINNER LG EXT**	ALT. EXT	SELECTION	MODIFIED	GROCERY	FOOD GROUPS

FOOD ITEMS	MISSING INGREDIENTS	DAILY PRODUCTION	MENU CHANGE AUDIT	QUICK PRINT	PREPARATION	ALTERNATE PRODUCTION	INGREDIENT SEARCH	TEMPERATURE

Start Date: 11/12/2012

For tm (09/16) - 30 (7) : Day 2

End Date: 11/12/2012

Show Report   Print Report   Export To Excel

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Regular		Finger Foods	LCS	Mech	Puree	Renal
Lunch						
Hearty Vegetable Beef Soup	6 Oz	in mug		chopped vegs/beef	Pureed soup	chicken noodle soup
Fresh Fruit Plate	8 Oz			Canned (Bananas OK)	Pureed	
Cottage Cheese	4 Oz	Cheese Cubes			Pureed	Scrambled Eggs
Oatmeal Cookies	2 Each		1 Cookie	Sugar Cookie	Pureed Sugar Cookie	Sugar Cookie
Dinner						
Meatloaf, Home Style	4 Oz	Chunks		Ground	Pureed	
Beef Gravy	2 Oz	dipping			Pureed	Omit
Mashed Potatoes	4 Oz	Tater Tots				Noodles or White Rice
Broccoli	4 Oz				Pureed	Pureed
Peach Cobbler	4 Oz	Diced Peaches	SF Peach Cobbler		Pureed	Pureed

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Reports

DAILY   ALTERNATE   WEEKLY   EXTENSION   LUNCH-DINNER LG EXT   SELECTION   MODIFIED   GROCERY   FOOD GROUPS

ALT. EXT.

FOOD ITEMS   MISSING INGREDIENTS   DAILY PRODUCTION   MENU CHANGE AUDIT   QUICK PRINT   PREPARATION   ALTERNATE PRODUCTION   INGREDIENT SEARCH   TEMPERATURE

Show Report   Print Report   Export To Excel

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Alternate Menu Extension

Regular diet		Finger Foods	Mech	Puree	Renal
Grilled Cheese Sandwich	1 Each			Pureed	
Hamburger	3 Oz		Ground	Pureed	
Grilled Chicken	4 Oz		Ground	Pureed	
Chicken Salad	3 Oz	Serve on bread		Pureed	
Peanut Butter Sandwich	1 Each			Pureed	
Ham Sandwich	1 Each		Ground	Pureed	
Chef's Salad	6 Oz		Chopped	Pureed	No Ham or Tomato

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Reports

DAILY   ALTERNATE   WEEKLY   EXTENSION   LUNCH-DINNER LG EXT   ALT EXT   **SELECTION**   MODIFIED   GROCERY   FOOD GROUPS

FOOD ITEMS   MISSING INGREDIENTS   DAILY PRODUCTION   MENU CHANGE AUDIT   QUICK PRINT   PREPARATION   ALTERNATE PRODUCTION   INGREDIENT SEARCH   TEMPERATURE

☑ Without portion size   Start Date: 11/12/2012

☐ Include nutritional info   For tim (09/16) : 30 (7) : Day 2

☐ Exclude condiments   End Date: 11/12/2012

☐ Without checkboxes   Select Meal: All Meals   ▼

☐ Show checkboxes for portion size   Select Diet: ▼

Show Report   Print Report   Export To Excel   Export To Word

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Menu

Breakfast
Friday, 11/09/2012
Check your choice

	Small	Medium	Large
Assorted juice	○	○	○
Cold Cereal or Hot Cereal	○	○	○
Scrambled Eggs	○	○	○
French Toast	○	○	○
Syrup	○	○	○

Menu

Lunch
Friday, 11/09/2012
Check your choice

	Small	Medium	Large
Hearty Vegetable Beef Soup	○	○	○
Fresh Fruit Plate	○	○	○
Cottage Cheese	○	○	○
Oatmeal Cookies	○	○	○
Alternates	Small	Medium	Large
Hamburger	○	○	○
Grilled Cheese Sandwich	○	○	○
Grilled Chicken	○	○	○
Chicken Salad	○	○	○
Peanut Butter Sandwich	○	○	○
Ham Sandwich	○	○	○
Chef's Salad	○	○	○

Menu

Dinner
Friday, 11/09/2012
Check your choice

	Small	Medium	Large
Meatloaf, Home Style	○	○	○
Beef Gravy	○	○	○
Mashed Potatoes	○	○	○
Broccoli	○	○	○
Peach Cobbler	○	○	○
Alternates	Small	Medium	Large
Hamburger	○	○	○
Grilled Cheese Sandwich	○	○	○
Grilled Chicken	○	○	○
Chicken Salad	○	○	○
Peanut Butter Sandwich	○	○	○
Ham Sandwich	○	○	○
Chef's Salad	○	○	○

Menu

Breakfast
Friday, 11/09/2012
Check your choice

- Assorted Juice ◯
- Cold Cereal or Hot Cereal ◯
- Scrambled Eggs ◯
- French Toast ◯
- Syrup ◯

Menu

Lunch
Friday, 11/09/2012
Check your choice

- Hearty Vegetable Beef Soup ◯
- Fresh Fruit Plate ◯
- Cottage Cheese ◯
- Oatmeal Cookies ◯

Alternates

- Hamburger ◯
- Grilled Cheese Sandwich ◯
- Grilled Chicken ◯
- Chicken Salad ◯
- Peanut Butter Sandwich ◯
- Ham Sandwich ◯
- Chef's Salad ◯

Menu

Dinner
Friday, 11/09/2012
Check your choice

- Meatloaf, Home Style ◯
- Beef Gravy ◯
- Mashed Potatoes ◯
- Broccoli ◯
- Peach Cobbler ◯

Alternates

- Hamburger ◯
- Grilled Cheese Sandwich ◯
- Grilled Chicken ◯
- Chicken Salad ◯
- Peanut Butter Sandwich ◯
- Ham Sandwich ◯
- Chef's Salad ◯

Menu

Breakfast
Friday, 11/09/2012
Check your choice

- Assorted Juice ○
- Cold Cereal or Hot Cereal ○
- Scrambled Eggs ○
- French Toast ○
- Syrup ○

Condiments/Beverages
- Milk ○
- Creamer ○

Menu

Lunch
Friday, 11/09/2012
Check your choice

- Hearty Vegetable Beef Soup ○
- Fresh Fruit Plate ○
- Cottage Cheese ○
- Oatmeal Cookies ○

Alternates
- Hamburger ○
- Grilled Cheese Sandwich ○
- Grilled Chicken ○
- Chicken Salad ○
- Peanut Butter Sandwich ○
- Ham Sandwich ○
- Chef's Salad ○

Condiments/Beverages
- Milk ○
- Creamer ○

Menu

Dinner
Friday, 11/09/2012
Check your choice

- Meatloaf, Home Style ○
- Beef Gravy ○
- Mashed Potatoes ○
- Broccoli ○
- Peach Cobbler ○

Alternates
- Hamburger ○
- Grilled Cheese Sandwich ○
- Grilled Chicken ○
- Chicken Salad ○
- Peanut Butter Sandwich ○
- Ham Sandwich ○
- Chef's Salad ○

Condiments/Beverages
- Milk ○
- Creamer ○

Menu
Breakfast
Wednesday, 09/21/2011

Check your choice

- Cranberry Juice (4 Oz) ◯
- Oatmeal (6 Oz) ◯
- Cold cereal (1 Each) ◯
- Pancakes (1 Each) ◯
- Canadian Bacon (2 Oz) ◯

Condiments/Beverages

Menu
Lunch
Wednesday, 09/21/2011

Check your choice

- Oriental Soup (6 Oz) ◯
- Corn Chowder (6 Oz) ◯
- Ham Sandwich (1 Each) ◯
- Cole Slaw (4 Oz) ◯
- Ice Cream (1 Each) ◯

Alternates

- Grilled Cheese Sandwiches (4 Each) ◯
- Chicken Salad (3 Oz) ◯
- Hamburger on a Bun (3 Oz) ◯
- Peanut Butter Sandwich (1 Each) ◯
- Cheeseburger on a Bun (1 Each) ◯
- Pizza (1 Slice) ◯
- Breaded Fish Fillets (3 Oz) ◯
- Grilled Chicken Sandwich (1 Oz) ◯
- Cottage Cheese & Fruit Plate (1 Each) ◯
- Chicken Tenders (3 Each) ◯
- French-fried Potatoes (4 Oz) ◯
- Hot Dog/Bun (1 Each) ◯

Condiments/Beverages

Menu
Dinner
Wednesday, 09/21/2011

Check your choice

- Cup of Soup (4 Oz) ◯
- Tossed Salad (4 Oz) ◯
- Lemon Chicken (4 Oz) ◯
- Fried Shrimp (4 Oz) ◯
- Gravy (1 Oz) ◯
- Sweet Potato Souffle (4 Oz) ◯
- Baked Potato (1 Each) ◯
- Broccoli Florets (4 Oz) ◯
- Cauliflower with Cheese Sauce (4 Oz) ◯
- Fruit cup (4 Oz) ◯

Alternates

- Grilled Cheese Sandwiches (4 Each) ◯
- Chicken Salad (3 Oz) ◯
- Hamburger on a Bun (3 Oz) ◯
- Peanut Butter Sandwich (1 Each) ◯
- Cheeseburger on a Bun (1 Each) ◯
- Pizza (1 Slice) ◯
- Breaded Fish Fillets (3 Oz) ◯
- Grilled Chicken Sandwich (1 Oz) ◯
- Cottage Cheese & Fruit Plate (1 Each) ◯
- Chicken Tenders (3 Each) ◯
- French-fried Potatoes (4 Oz) ◯
- Hot Dog/Bun (1 Each) ◯

Condiments/Beverages

Menu
Breakfast
Wednesday, 09/21/2011

Check your choice

Cranberry Juice

Oatmeal

Cold cereal

Pancakes

Canadian Bacon

Menu
Lunch
Wednesday, 09/21/2011

Check your choice

Oriental Soup

Corn Chowder

Ham Sandwich

Cole Slaw

Ice Cream

Alternates

Grilled Cheese Sandwiches

Hamburger on a Bun

Chicken Salad

Peanut Butter Sandwich

Cheeseburger on a Bun

Pizza

Breaded Fish Fillets

Grilled Chicken Sandwich

Cottage Cheese & Fruit Plate

Chicken Tenders

Grilled Ham & Cheese Sandwich

French-fried Potatoes

Hot Dog/Bun

Menu
Dinner
Wednesday, 09/21/2011

Check your choice

Cup of Soup

Tossed Salad

Lemon Chicken

Fried Shrimp

Gravy

Sweet Potato Souffle

Baked Potato

Broccoli Florets

Cauliflower with Cheese Sauce

Fruit cup

Alternates

Grilled Cheese Sandwiches

Hamburger on a Bun

Chicken Salad

Peanut Butter Sandwich

Cheeseburger on a Bun

Pizza

Breaded Fish Fillets

Grilled Chicken Sandwich

Cottage Cheese & Fruit Plate

Chicken Tenders

Grilled Ham & Cheese Sandwich

French-fried Potatoes

Hot Dog/Bun

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Reports

DAILY   ALTERNATE   WEEKLY   EXTENSION   LUNCH-DINNER LG EXT   ALT EXT   SELECTION   MODIFIED   GROCERY   FOOD GROUPS

FOOD ITEMS   MISSING INGREDIENTS   DAILY PRODUCTION   MENU CHANGE AUDIT   QUICK PRINT   PREPARATION   ALTERNATE PRODUCTION   INGREDIENT SEARCH   TEMPERATURE

Start Date: 11/12/2012

For tim (09/16) : 30 (7) : Day 2

End Date: 11/12/2012

Select Diet: ▼

Show Report   Print Report   Export To Excel

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Grocery List

Date Range: Friday, 11/09/2012 - Saturday, 11/10/2012

Ingredients	Menu	Category	Inv	Order
bread	Toast	Bread Rack		
Texas Toast	French Toast	Bread Rack		

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Grocery List

Date Range: Friday, 11/09/2012 - Saturday, 11/10/2012

Ingredients	Menu	Category	Inv	Order
Assorted cereal	Cold Cereal or Hot Cereal	Dry Storage		
Assorted Juice	Assorted juice	Dry Storage		
Basic Tomato Sauce	Johnny Marzetti	Dry Storage		
bay leaves	Hearty Vegetable Beef Soup	Dry Storage		
Beef Base	Hearty Vegetable Beef Soup, Meatloaf, Home Style, Beef Gravy	Dry Storage		
Corn Bread Mix	Corn Bread	Dry Storage		
dried thyme	Hearty Vegetable Beef Soup	Dry Storage		
elbow macaroni	Johnny Marzetti	Dry Storage		
French Dressing	Assorted Dressing	Dry Storage		
Grandulated Garlic	Hearty Vegetable Beef Soup	Dry Storage		
ground black pepper	Beef Gravy	Dry Storage		
Italian Dressing	Assorted Dressing	Dry Storage		
jelly	Jelly	Dry Storage		
Mandarin Orange	Mandarin Oranges	Dry Storage		
Mashed Potatoes	Mashed Potatoes	Dry Storage		
Mirepoix	Hearty Vegetable Beef Soup	Dry Storage		
oatmeal	Peach Cobbler	Dry Storage		
Oreo crumbs	Oreo Delight	Dry Storage		
parsley	Hearty Vegetable Beef Soup, Meatloaf, Home Style	Dry Storage		
Peach Pie Filling	Peach Cobbler	Dry Storage		
peppercorns	Hearty Vegetable Beef Soup	Dry Storage		
Ranch Dressing	Assorted Dressing	Dry Storage		
Syrup	Syrup	Dry Storage		
tomato concass	Hearty Vegetable Beef Soup	Dry Storage		
vanilla pudding mix	Oreo Delight	Dry Storage		
vegeatable oil	Meatloaf, Home Style	Dry Storage		

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Grocery List

Date Range: Friday, 11/09/2012 - Saturday, 11/10/2012

Ingredients	Menu	Category	Inv	Order
Cantalope	Fresh Fruit Plate	Produce		
fresh celery	Meatloaf, Home Style	Produce		
honeydew melon	Fresh Fruit Plate	Produce		
onion	Meatloaf, Home Style	Produce		
Pineapple	Fresh Fruit Plate	Produce		
salad greens	Tossed Salad	Produce		
salad ingredients	Tossed Salad	Produce		
strawberries	Fresh Fruit Plate	Produce		
Sweet Potato	Baked Sweet Potato	Produce		
turnip	Hearty Vegetable Beef Soup	Produce		

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Grocery List

Date Range: Friday, 11/09/2012 - Saturday, 11/10/2012

Ingredients	Menu	Category	Inv	Order
cottage cheese	Cottage Cheese	Walk-in Cooler		
fresh eggs	French Toast, Cheese Omelet	Walk-in Cooler		
Salad dressing	Tossed Salad	Walk-in Cooler		
Shredded Cheese	Cheese Omelet	Walk-in Cooler		
Shredded Mozzarella	Johnny Marzetti	Walk-in Cooler		

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Grocery List

Date Range: Friday, 11/09/2012 - Saturday, 11/10/2012

Ingredients	Menu	Category	Inv	Order
bacon	Bacon	Walk-in Freezer		
beef	Hearty Vegetable Beef Soup	Walk-in Freezer		
broccoli	Broccoli	Walk-in Freezer		
cod fillets	Baked Cod	Walk-in Freezer		
Corn	Hearty Vegetable Beef Soup	Walk-in Freezer		
frozen eggs	Scrambled Eggs, Meatloaf, Home Style	Walk-in Freezer		
ground beef	Meatloaf, Home Style	Walk-in Freezer		
Key West Vegetables	Key West Vegetables	Walk-in Freezer		
Oatmeal Cookie Dough, Frozen	Oatmeal Cookies	Walk-in Freezer		
Whipped topping	Oreo Delight	Walk-in Freezer		

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Grocery List

Date Range: Friday, 11/09/2012 - Saturday, 11/10/2012

	Inv	Order

Food items without ingredients

No Raisin Bran, Shredded Wheat or Oatmeal
Hard Cooked Egg
Egg Sub
Cup for dipping
Diet Syrup
chicken noodle soup
Scrambled Eggs
Cheese Cubes
Sugar Cookie
Tater Tots
Noodles or White Rice
Diced Peaches
SF Peach Cobbler

Substitutes

Plain Omelet
Grd sausage
Egg (if on give double portion)
Puree sausage
Diet Jelly
fish sticks
Rice or Buttered Noodles
Alternate Dessert
No tomatoes
Only Low Sugar Dressing
No Ranch unless low fat
Baked Ziti
Bread

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Reports

DAILY   ALTERNATE   WEEKLY   EXTENSION   LUNCH-DINNER LG EXT   ALT. EXT   SELECTION   MODIFIED   GROCERY

FOOD GROUPS

FOOD ITEMS   MISSING INGREDIENTS   DAILY PRODUCTION   MENU CHANGE AUDIT   QUICK PRINT   PREPARATION   ALTERNATE PRODUCTION   INGREDIENT SEARCH   TEMPERATURE

Start Date: 11/12/2012

For lim (09/16) : 30 (7) : Day 2

Show Report   Print Report   Export To Excel

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Food Group Adequacy

	9/21/2011	9/22/2011	9/23/2011	9/24/2011	9/25/2011	9/26/2011	9/27/2011	Daily Average
Vitamin A source	0	0	0	0	0	0	0	0
Vitamin C source	1	1	1	1	1	1	1	1
Breads and Grains	2	2	2	2	1	2	2	1.86
Fruits and Vegetables	1	1	1	2	1	1	2	1.29
Meat and Proteins	1	1	3	1	1	3	1	1.57
Milk and Dairy	1	1	1	1	1	1	1	1
Carbohydrates	3	3.5	4	5	3	3	5	3.79

Lunch

	9/21/2011	9/22/2011	9/23/2011	9/24/2011	9/25/2011	9/26/2011	9/27/2011	Daily Average
Vitamin A source	0	0	1	0	0	0	0	0.14
Vitamin C source	0	0	0	0	0	0	0	0
Breads and Grains	2	2	2	2	1	2	2	1.86
Fruits and Vegetables	2.5	2	1.5	1	3	2.5	2	2.07
Meat and Proteins	3	4	4	3	3.5	2	0	2.79
Milk and Dairy	1	1	1	1	1	1	1	1
Carbohydrates	8	5.5	7	6	5.5	7	5	6.29

Dinner

	9/21/2011	9/22/2011	9/23/2011	9/24/2011	9/25/2011	9/26/2011	9/27/2011	Daily Average
Vitamin A source	1	0	0	0	0	0	0	0.14
Vitamin C source	1	0	0	0	0	0	0	0.14
Breads and Grains	1.5	1.5	2.5	2.5	2.5	2	1	1.93
Fruits and Vegetables	1.5	3.5	0	3	2	2	2	2
Meat and Proteins	2	3	2.5	2.5	3	0	0	1.86
Milk and Dairy	1	1	1	1	1	1	1	1
Carbohydrates	7	6.5	6	6	6.5	6	7	6.43

Total

	9/21/2011	9/22/2011	9/23/2011	9/24/2011	9/25/2011	9/26/2011	9/27/2011	Daily Average
Vitamin A source	1	0	1	0	0	0	0	0.29
Vitamin C source	2	1	1	1	1	1	1	1.14
Breads and Grains	5.5	5.5	6.5	6.5	4.5	6	5	5.64
Fruits and Vegetables	5	6.5	2.5	6	6	5.5	6	5.36
Meat and Proteins	6	8	9.5	6.5	7.5	5	1	6.21
Milk and Dairy	3	3	3	3	3	3	3	3
Carbohydrates	18	15.5	17	17	15	16	17	16.5

Difference

	9/21/2011	9/22/2011	9/23/2011	9/24/2011	9/25/2011	9/26/2011	9/27/2011	Daily Average
Vitamin A source	0.5	-0.5	0.5	-0.5	-0.5	-0.5	-0.5	-0.21
Vitamin C source	1	0	0	0	0	0	0	0.14
Breads and Grains	-0.5	-0.5	0.5	0.5	-1.5	0	-1	-0.36
Fruits and Vegetables	0	1.5	-2.5	1	1	0.5	1	0.36
Meat and Proteins	0	2	3.5	0.5	1.5	-1	-5	0.21
Milk and Dairy	1	1	1	1	1	1	1	1
Carbohydrates	7	4.5	6	6	4	5	6	5.5

Food Group Adequacy

Breakfast

	11/09/2012	11/10/2012	11/11/2012	11/12/2012	11/13/2012	11/14/2012	11/15/2012	Daily Average
Vitamin A source	0	0	0	0	0	0	0	0
Vitamin C source	1	1	1	1	1	1	1	1
Breads and Grains	2	2	2	1	1	2	2	1.71
Fruits and Vegetables	1	1	1	1.5	2	1	1	1.21
Meat and Proteins	2	2.25	1.25	3	0	1.25	4	1.96
Milk and Dairy	1	1	1	1	1	1	1	1
Carbohydrates	4	4	5	4	4	4.5	5	4.36

Lunch

	11/09/2012	11/10/2012	11/11/2012	11/12/2012	11/13/2012	11/14/2012	11/15/2012	Daily Average
Vitamin A source	1	2	1	0	0	0	1	0.71
Vitamin C source	0	0	0	0	0	0	1	0.14
Breads and Grains	0	0	1	2.5	2	1	2	1.21
Fruits and Vegetables	2.5	2	2	1	2	3	1	1.93
Meat and Proteins	2	3	3	3	3	3	2	2.71
Milk and Dairy	1	2	1	1.5	1	1	1	1.21
Carbohydrates	5	3	7	5.5	6	4	4.5	5

Dinner

	11/09/2012	11/10/2012	11/11/2012	11/12/2012	11/13/2012	11/14/2012	11/15/2012	Daily Average
Vitamin A source	1	0	0	0	0	0	0	0.14
Vitamin C source	1	0	0	0	0	0	0	0.14
Breads and Grains	0	3	1	0.5	1	2.5	1	1.29
Fruits and Vegetables	2.75	2.5	1.5	2.5	2	2.5	3	2.39
Meat and Proteins	3	1	0	3	4	3	3	2.43
Milk and Dairy	1	1.5	1	1	1.5	1.5	1	1.21
Carbohydrates	5	9	3	3	5	5.5	5	5.07

Total

	11/09/2012	11/10/2012	11/11/2012	11/12/2012	11/13/2012	11/14/2012	11/15/2012	Daily Average
Vitamin A source	2	2	1	0	0	0	1	0.86
Vitamin C source	2	1	1	1	1	1	2	1.29
Breads and Grains	2	5	4	4	4	5.5	5	4.21
Fruits and Vegetables	6.25	5.5	4.5	5	6	6.5	5	5.54
Meat and Proteins	7	6.25	4.25	9	7	7.25	9	7.11
Milk and Dairy	3	4.5	3	3.5	3.5	3.5	3	3.43
Carbohydrates	14	16	15	12.5	15	14	14.5	14.43

Difference

	11/09/2012	11/10/2012	11/11/2012	11/12/2012	11/13/2012	11/14/2012	11/15/2012	Daily Average
Vitamin A source	1.5	1.5	0.5	-0.5	-0.5	-0.5	0.5	0.36
Vitamin C source	1	0	0	0	0	0	1	0.29
Breads and Grains	-4	-1	-2	-2	-2	-0.5	-1	-1.79
Fruits and Vegetables	1.25	0.5	-0.5	0	1	1.5	0	0.54
Meat and Proteins	1	0.25	-1.75	3	1	1.25	3	1.11
Milk and Dairy	1	2.5	1	1.5	1.5	1.5	1	1.43
Carbohydrates	3	5	4	1.5	4	3	3.5	3.43

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Reports

| DAILY | ALTERNATE | WEEKLY | EXTENSION | LUNCH-DINNER LG EXT | ALT. EXT | SELECTION | MODIFIED | GROCERY | FOOD GROUPS |

| FOOD ITEMS | MISSING INGREDIENTS | DAILY PRODUCTION | MENU CHANGE AUDIT | QUICK PRINT | PREPARATION | ALTERNATE PRODUCTION | | TEMPERATURE |

INGREDIENT SEARCH

Search Ingredient:

Select Period: All

Show Report   Print Report   Export To Excel

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Ingredient Search report for "almonds"

Food Item	Cycle	Day	Ingredients
Almond Crusted Chicken	Silver 10	4	almonds
Crab Salad	Silver 7	7	blanched almonds
Fillet of Sole Amandine	23	2	slivered almonds
Italian Green Bean seasoned with basil	18	1	sliced almonds

Ingredient Search report for "almonds and nuts"

Food Item	Cycle	Day	Ingredients
Almond Crusted Chicken	Silver 10	4	almonds
Brownies	22	3	nuts
Brownies	5	4	nuts
Brownies	Silver 1	7	nuts
Brownies	9	4	nuts
Brownies	2	7	nuts
Carrot Cake	26	4	nuts
Carrot Cake	7	4	nuts
Carrot Cake	Silver 8	4	nuts
Carrot Cake	Silver 5	7	nuts
Carrot Cake with Cream Cheese Icing	29	7	walnuts
Carrot Cake with Cream Cheese Icing	22	5	walnuts
Chocolate Chip Cookies	2	3	nuts
Chocolate Chip Cookies	31	7	nuts
Chocolate Chip Cookies	29	4	nuts
Chocolate Chip Cookies	Silver 6	6	nuts
Chocolate Chip Cookies	Silver 7	1	nuts
Chocolate Chip Cookies	7	4	nuts
Chocolate Chip Cookies	20	7	nuts
Chocolate Chip Cookies	Silver 1	3	nuts
Chocolate Chip Cookies	6	3	nuts
Chocolate Chip Cookies	11	4	nuts
Chocolate Chip Cookies	12	7	nuts
Chocolate Chip Cookies	Silver 4	6	nuts
Chocolate Chip Cookies	Silver 5	2	nuts
Crab Salad	Silver 7	7	blanched almonds
Date Nut Bread	23	1	pecans or walnuts
Fillet of Sole Amandine	23	2	slivered almonds
Frozen Peanut Butter Pie	10	6	roasted peanuts
Green Bean Casserole	10	1	water chestnuts

Green Bean Casserole	6	1	water chestnuts
Green Bean Casserole	18	3	water chestnuts
Green Bean Casserole	19	3	water chestnuts
Green Bean Casserole	2	1	water chestnuts
Green Bean Casserole	Menu A	15	water chestnuts
Green Bean Casserole	Menu B	1	water chestnuts
Honey Walnut Chicken Salad	7	4	walnuts
Honey Walnut Chicken Salad	11	4	walnuts
Italian Green Bean seasoned with basil	18	1	sliced almonds
Pasta Salad with Vinaigrette	2	7	pine nuts
Pasta Salad with Vinaigrette	29	7	pine nuts
Peanut Butter Pie	Menu A	9	roasted peanuts
Peanut Butter Pie	Menu B	9	roasted peanuts
Pudding with raisin sauce	21	3	walnuts
Stir-Fried Beef with Vegetables	8	4	canned water chestnuts
Vegetable Lo Mein	8	4	sliced water chestnuts

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Reports

DAILY   ALTERNATE   WEEKLY   EXTENSION   LUNCH-DINNER LG EXT   ALT EXT.   SELECTION   MODIFIED   GROCERY   FOOD GROUPS

FOOD ITEMS   MISSING INGREDIENTS   **DAILY PRODUCTION**   MENU CHANGE AUDIT   QUICK PRINT   PREPARATION   ALTERNATE PRODUCTION   INGREDIENT SEARCH   TEMPERATURE

☐ Confirm And Adjust Census By Diet   Start Date: 11/12/2012

☐ Include Census Info On Top   For lim (09/16) : 30 (7) . Day 2

☐ Include Census Info On Bottom   End Date: 11/12/2012

Show Report   Print Report   Export To Excel

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Daily Production (Master Site) Wednesday, 09/21/2011

Period: Fall, Cycle: 1, Day: 4

Dinner

	Soup of the Day (1 Oz)
	Crackers (1 Each)
	Quiche (1 Slice)
	Broccoli (4 Oz)
	Bread (1 Each)
	Raspberry Fruited Jello (4 Oz)

Garnish instructions   Amounts

Notes and Comments:

Freezer Pull

Home made Chili

Next Day Prep

Kielbasa

Diets Census

Regular	75

Alternate Menu Daily Production (Master Site)

Garnish instructions	Amounts			

☐ Grilled Cheese Sandwiches (4 Each)
☐ Hamburger (3 Oz)
☐ Grilled Chicken (4 Oz)
☐ Chicken Salad (3 Oz)
☐ Peanut Butter Sandwich (1 Each)
☐ Ham Sandwich (1 Each)
☐ Chef's Salad (6 Oz)

Notes and Comments:

_____
_____
_____

Diets Census

Regular	75

9/21/2011

Total	Diet Name	Dining Room	Room Service
12	Finger Foods	10	2
0	LCS	0	0
14	Mech	5	9
3	Puree	0	3
34	Regular	0	34
8	Renal	7	1

	Breakfast	**Service instructions**	**Amounts**	
	Assorted juice (4 Oz)			
	No Prune or orange juice]			
	Cold Cereal or Hot Cereal (6 Cup)			
	Substitute No Raisin Bran, Shredded Wheat or Oatmeal [Renal, Renal /LCS]			
	Puree if cold cereal			
	In Mug if Hot			
	Scrambled Eggs (2 Oz)			
	Pureed			
	Substitute Hard Cooked Egg [Finger Foods]			
	French Toast (1 Each)			
	Pureed	powder sugar		
	Cut in strips			
	Syrup (1 Oz)			
	Substitute Cup for dipping [Finger Foods]			
	Pureed			
	Substitute Diet Syrup [LCS]			

Notes and Comments:

Next Day Prep
Bacon

Total	Diet Name	Dining Room	Room Service
12	Finger Foods	10	2
0	LCS	0	0
14	Mech	5	9
3	Puree	0	3
34	Regular	0	34
8	Renal	7	1

Lunch

		Service instructions	Amounts	
	Hearty Vegetable Beef Soup (6 Oz)			
	chopped vegs/ beef			
	Substitute chicken noodle soup [Renal, Renal /LCS]			
	Pureed			
	in mug			
	Fresh Fruit Plate (8 Oz)			
	Canned (Bananas OK)			
	No oranges, bananas, cantaloupe or honeydew			
	Pureed			
	Cottage Cheese (4 Oz)			
	Substitute Scrambled Eggs [Renal, Renal /LCS]			
	Pureed			
	Substitute Cheese Cubes [Finger Foods]			
	Oatmeal Cookies (2 Each)			
	Substitute Sugar Cookie [Mech, Renal, Low Fat/Low Chol, Renal /LCS]			
	Pureed			
	1 Cookie [LCS]			

Notes and Comments:

Next Day Prep

Baked Cod

Total	Diet Name	Dining Room	Room Service
12	Finger Foods	10	2
0	LCS	0	0
14	Mech	5	9
3	Puree	0	3
34	Regular	0	34
8	Renal	7	1

Dinner

	Dinner	Service instructions	Amounts	
	Meatloaf, Home Style (4 Oz)			
	Ground	Mushroom slices		
	Pureed			
	Chunks			
	Beef Gravy (2 Oz)			
	in cup for dipping			
	Mashed Potatoes (4 Oz)			
	Pureed			
	Substitute Tater Tots [Finger Foods]			
	Substitute Noodles or White Rice [Renal, Renal /LCS]			
	Broccoli (4 Oz)			
	Pureed			
	Peach Cobbler (4 Oz)			
	Pureed			
	Substitute Diced Peaches [Finger Foods]			
	Substitute SF Peach Cobbler [LCS]			

Notes and Comments:

Next Day Prep

Corn Bread

Daily Production (*Master Site) Friday, 11/09/2012
Period: For tim, Cycle: Silver 10, Day: 6

Total	Diet Name	Dining Room	Room Service
12	Finger Foods	10	2
0	LCS	0	0
14	Mech	5	9
3	Puree	0	3
34	Regular	0	34
8	Renal	7	1

Breakfast

		Service instructions	Amounts	
	Assorted juice (4 Oz)			
	No Prune or orange juice]			
	Cold Cereal or Hot Cereal (6 Cup)			
	Substitute No Raisin Bran, Shredded Wheat or Oatmeal [Renal, Renal /LCS]			
	Puree if cold cereal			
	In Mug if Hot			
	Scrambled Eggs (2 Oz)			
	Pureed			
	Substitute Hard Cooked Egg [Finger Foods]			
	French Toast (1 Each)			
	Pureed	powder sugar		
	Cut in strips			
	Syrup (1 Oz)			
	Substitute Cup for dipping [Finger Foods]			
	Pureed			
	Substitute Diet Syrup [LCS]			

Notes and Comments:

Next Day Prep

Bacon

Daily Production (*Master Site) Friday, 11/09/2012
Period: For tim, Cycle: Silver 10, Day: 6

Total	Diet Name	Dining Room	Room Service
12	Finger Foods	10	2
0	LCS	0	0
14	Mech	5	9
3	Puree	0	3
34	Regular	0	34
8	Renal	7	1

Lunch		Service instructions	Amounts	
	Hearty Vegetable Beef Soup (6 Oz)			
	chopped vegs/ beef			
	Substitute chicken noodle soup [Renal, Renal /LCS]			
	Pureed			
	in mug			
	Fresh Fruit Plate (8 Oz)			
	Canned (Bananas OK)			
	No oranges, bananas, cantaloupe or honeydew			
	Pureed			
	Cottage Cheese (4 Oz)			
	Substitute Scrambled Eggs [Renal, Renal /LCS]			
	Pureed			
	Substitute Cheese Cubes [Finger Foods]			
	Oatmeal Cookies (2 Each)			
	Substitute Sugar Cookie [Mech, Renal, Low Fat/Low Chol, Renal /LCS]			
	Pureed			
	1 Cookie [LCS]			

Notes and Comments:

Next Day Prep

Baked Cod

Total	Diet Name	Dining Room	Room Service
12	Finger Foods	10	2
0	LCS	0	0
14	Mech	5	9
3	Puree	0	3
34	Regular	0	34
8	Renal	7	1

Dinner

	Dinner	Service instructions	Amounts	
	Meatloaf, Home Style (4 Oz)			
	Ground			
	Pureed	Mushroom slices		
	Chunks			
	Beef Gravy (2 Oz)			
	in cup for dipping			
	Mashed Potatoes (4 Oz)			
	Pureed			
	Substitute Tater Tots [Finger Foods]			
	Substitute Noodles or White Rice [Renal, Renal /LCS]			
	Broccoli (4 Oz)			
	Pureed			
	Peach Cobbler (4 Oz)			
	Pureed			
	Substitute Diced Peaches [Finger Foods]			
	Substitute SF Peach Cobbler [LCS]			

Notes and Comments:

Next Day Prep

Corn Bread

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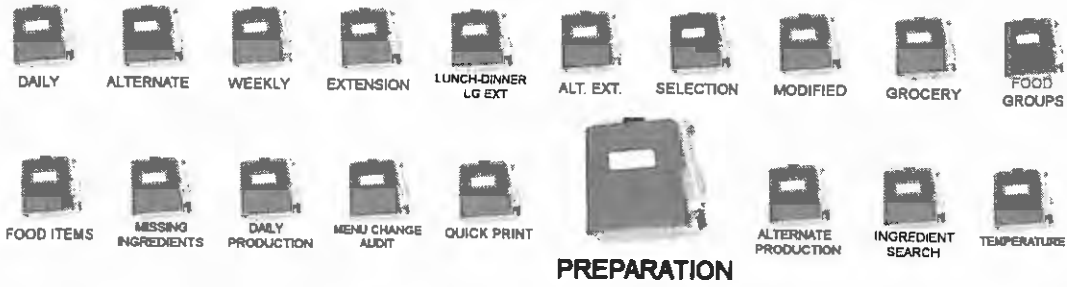
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Reports

| DAILY | ALTERNATE | WEEKLY | EXTENSION | LUNCH-DINNER LG EXT | ALT. EXT. | SELECTION | MODIFIED | GROCERY | FOOD GROUPS |

| FOOD ITEMS | MISSING INGREDIENTS | DAILY PRODUCTION | **MENU CHANGE AUDIT** | QUICK PRINT | PREPARATION | ALTERNATE PRODUCTION | INGREDIENT SEARCH | TEMPERATURE |

Start Date: 11/12/2012

For tim (09/16) · 30 (7) : Day 2

End Date: 11/12/2012

Show Report   Print Report   Export To Excel

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Menu Change Audit

Date Range: Sunday, 08/26/2012 - Friday, 11/09/2012

User Name	Change Date	Menu Cycle	Day	Meal	Food Item	Operation	Food Item Information
admin adLastName	8/29/2012 10:08:52 AM	32	4	Lunch	Blueberry Muffin	Remove	
admin adLastName	8/29/2012 10:09:05 AM	32	4	Lunch	Blueberry Muffin	Add	Portion Size: 1 Each
admin adLastName	8/29/2012 10:09:28 AM	32	4	Dinner	Mashed Potatoes	Remove	
admin adLastName	8/29/2012 10:10:09 AM	32	4	Dinner	Mashed Potatoes	Add	Portion Size: 4 Oz

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Reports

| DAILY | ALTERNATE | WEEKLY | EXTENSION | LUNCH-DINNER LG EXT | ALT. EXT. | SELECTION | MODIFIED | GROCERY | FOOD GROUPS |

| FOOD ITEMS | MISSING INGREDIENTS | DAILY PRODUCTION | MENU CHANGE AUDIT | QUICK PRINT | PREPARATION | ALTERNATE PRODUCTION | INGREDIENT SEARCH | TEMPERATURE |

QUICK PRINT

☐ Without portion size   Select Cycle: 2   ▼

Show Report   Print Report   Export To Excel

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Reports

Reports

DAILY   ALTERNATE   WEEKLY   EXTENSION   LUNCH-DINNER LG EXT

FOOD ITEMS   MISSING INGREDIENTS   DAILY PRODUCTION   MENU CHANGE AGNT

GROCERY   FOOD GROUPS

INGREDIENT SEARCH   TEMPERATURE

QUICK PRINT

Menu A
Menu B
Silver 1
Silver 10
Silver 2
Silver 3
Silver 4
Silver 5

☐ Without portion size

Select Cycle: 2

[Show Report]   [Print Report]   [Export To Excel]

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You can also delete or add and change the items in Excel. For example you can add Bread and Milk offered daily' on Week at a glance under each meal in the center and delete it off each day in Excel. This will create a "less institutional" look or if you are part of a GFBC you can add additional notes or lines that are offered in dining area

Menu Evaluation Criteria

The criteria and ratings below refer only to the printed menu (the menu that would be posted in the community) and don't take into account any items that might be available on a "By Request" or Always Available" alternate menu.

	Category	Requirement	Raise Your Grade
Platinum:			
	Appetizer (soup or salad)	Lunch and Dinner	
	Choice of entrée on menu	Lunch and Dinner	
	Choice of starch on menu	Lunch and Dinner	
	Choice of hot vegetable on menu	Lunch and Dinner	
	Choice of bread/rolls	Lunch or Dinner	
	Choice of dessert	Lunch and Dinner	
Gold:			
	Appetizer (soup or salad)	Lunch and Dinner	
	Choice of entrée on menu	Lunch or Dinner	Offer entrée choices Lunch & Dinner
			Offer a potato & a grain Lunch & Dinner - grain is often a required
	Choice of starch on menu	No	substitute for diets anyway
			Print an "always available" popular
	Choice of hot vegetable on menu	No	vegetable on menu
	Choice of bread/rolls	Lunch or Dinner	
	Choice of dessert	Lunch or Dinner	
Silver:			
	Appetizer (soup or salad)	Lunch or Dinner	Offer soup one meal each day; offer salad as fruit/veg for one meal
			Offer entrée choice at main meal of
	Choice of entrée on menu	No	day
	Choice of starch on menu	No	
	Choice of hot vegetable on menu	No	
	Choice of bread/rolls	Lunch or Dinner	
	Choice of dessert	Lunch or Dinner	
Bronze:			
	Appetizer (soup or salad)	Less than once per day	Offer soup or salad for lunch or dinner each day
	Choice of entrée on menu	No	
	Choice of starch on menu	No	
	Choice of hot vegetable on menu	No	
	Choice of bread/rolls	No	Offer choice lunch or dinner each day
	Choice of dessert	No	Offer ice cream at lunch or dinner in addition to planned dessert

Menu Costing Assumptions

Platinum

- Choice of juice or fruit at breakfast
- Breakfast meat offered daily
- Soups are made in house except canned tomato, mushroom for cooking and individual serving soups
- Full in-house cooking (no more than 2 convenience entrees per week)
- Full use of GPO broadline distributor - no secondary broadline supplier
- Menu includes occasional use of high end vegetables
- Central production

Gold

- Soups are made in house except canned tomato, mushroom for cooking and individual serving soups
- Full in-house cooking (no more than 2 convenience entrees per week)
- Full use of GPO broadline distributor - no secondary broadline supplier
- Central production

Silver

- Soups are made in house except canned tomato, mushroom for cooking and individual serving soups
- Full in-house cooking (no more than 2 convenience entrees per week)
- Full use of GPO broadline disbributor - no secondary broadline supplier
- Central production

Bronze

- Soups are made in house except canned tomato, mushroom for cooking and individual serving soups
- Full in-house cooking (no more than 2 convenience entrees per week)
- Full use of GPO broadline disbributor - no secondary broadline supplier
- Central production

Master Site

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Orange juice (4Oz) Cold Cereal or Hot Cereal (1Oz) Scrambled Eggs (2Oz) Danish Pastry (1 Each) Jelly (1 Each)	Orange juice (4Oz) Cold Cereal or Hot Cereal (1Oz) Pancakes (2Each) Sausage (2Oz) Syrup (2Oz)	Orange juice (4Oz) Cold Cereal or Hot Cereal (1Oz) Western Scrambled Eggs (1Each) Hash brown potatoes (4Oz) Toast (1Slice) Jelly (1 Each)	Orange juice (4Oz) Cold Cereal or Hot Cereal (1Oz) French Toast (2Slice) Bacon (1Slice) Syrup (2Oz)	Orange juice (4Oz) Cold Cereal or Hot Cereal (1Oz) Scrambled Eggs (2Oz) Blueberry Muffin (1Each)	Orange juice (4Oz) Cold Cereal or Hot Cereal (1Oz) Waffles (2Each) Sausage (3Oz) Syrup (2Oz)	Orange juice (4Oz) Cold Cereal or Hot Cereal (1Oz) One Egg Omelet (1 Each) Home Fries (4Oz) Toast (1Slice) Jelly (1 Each)
Lunch	Barbecued Pork Ribs (4Oz) Au Gratin Potatoes (4Oz) Green Beans (4Oz) Garlic Bread (1Slice) Fruit cup (4Oz)	Hot Turkey Sandwich (4Oz) Acini De Pepe Fruit Salad (4Oz) Green Peas (4Oz) Apple Crisp (4Oz)	Turkey ala King (6Oz) Baking Powder Biscuits (1Each) Parsley Buttered Carrots (4Oz) Tossed Salad (4Oz) Ranch Dressing (1Oz) Pineapple Upside Down Cake (1Slice)	Meatloaf, Home Style (3Oz) Mashed Potatoes (4Scoop) Capri Blend Vegetables (4Oz) Bread (1 Each) Apple Pie (1Slice)	Herb-Crusted Pork Loin (4Oz) Pan Gravy (2Oz) Sage Stuffing (1Each) Green Peas (4Oz) Bread (1 Each) Cinnamon Apples (4Oz)	Chicken Parmesan (6Oz) Spaghetti Noodles (4Oz) Sliced Zucchini Squash (4Oz) Garlic Bread (1Slice) Tiramisu (4Oz)	Salisbury Steak (3Oz) Egg Noodles (4Oz) Capri Blend Vegetables (4Oz) Dinner Rolls (1Each) Brownies (1 Each)
Dinner	Vegetarian Vegetable Soup (6Oz) Crackers (1 Each) Hearty Tuna Melts (1 Each) Lettuce & Tomato (1Slice) Sherbet (4Oz)	Honey-Glazed Carrots (4Oz) Rice Pilaf (4Oz) Dinner Rolls (1Each) Apricots (4Oz)	Beef Noodle Soup (6Oz) Crackers (1 Each) Chicken Tenders (3Oz) Barbecue Sauce (Cooked) (1Oz) French Fried Potatoes (4Oz) Harvard Beets (4Oz) Chocolate Chip Cookies (2Each)	Soup of the Day (1Oz) Crackers (1 Each) Quiche (1Slice) Broccoli (4Oz) Bread (1 Each) Raspberry Fruited Jello (4Oz)	Minestrone Soup (6Oz) Crackers (1 Each) Kielbasa (4Oz) German Potato Salad (4Oz) Buttered rice (4Oz) Corn Bread (1Slice) Pears (4Oz) Sauerkraut (4Oz)	Cheese Soup (6Oz) Crackers (1 Each) Home made Chili (6Oz) Corn Bread (1Slice) Cherry Crisp (4Oz)	Cream of Tomato Soup (6Oz) Crackers (1 Each) Liverwurst Sandwich on Rye (1 Each) Three Bean Salad (4Oz) Sliced Onion (4Oz) Dessert cart (1 Each)

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Day 1

Breakfast
Orange juice (4Oz)
Cold Cereal or Hot Cereal (1Oz)
Scrambled Eggs (2Oz)
Danish Pastry (1 Each)
Jelly (1Each)

Lunch
Blue Crab Cakes (3Oz)
Tartar Sauce (1Oz)
Scalloped Potatoes (4Oz)
Carrots (4Oz)
Bread (1Each)
Rice Pudding (4Oz)

Dinner
Vegetarian Vegetable Soup (6Oz)
Crackers (1Each)
Ham Salad Sandwich (3Oz)
Lettuce & Tomato (1Slice)
Potato Chips (1Oz)
Peaches (4Oz)

Day 2

Breakfast
Orange juice (4Oz)
Cold Cereal or Hot Cereal (1Oz)
Pancakes (1Oz)
Sausage (3Oz)
Syrup (4Oz)

Lunch
Stuffed Cabbage with Tomato Sauce (4Oz)
Green Beans (4Oz)
Dinner Rolls (1Each)
Apple Crisp (4Oz)

Dinner
Cream of Mushroom Soup (6Oz)
Crackers (1Each)
Meatball Sub (1Each)
Pasta Salad (4Oz)
Sugar cookie (1Each)

Day 3

Breakfast
Orange juice (4Oz)
Cold Cereal or Hot Cereal (1Oz)
Western Scrambled Eggs (1Each)
Hash brown potatoes (4Oz)
Toast (1Slice)
Jelly (1Each)

Lunch
Lasagna (6Oz)
Italian Blend Vegetables (4Oz)
Garlic Bread (1Slice)
Fudge Brownies (1Each)

Dinner
Chicken Rice Soup (6Oz)
Crackers (1Each)
Hamburger on Bun (1Each)
French Fried Potatoes (4Oz)
Lettuce & Tomato (1Slice)
Fruit Parfait (4Oz)

Day 4

Breakfast
Orange juice (4Oz)
Cold Cereal or Hot Cereal (1Oz)
French Toast (1Slice)
Bacon (1Slice)
Syrup (4Oz)

Lunch
Amish Chicken (4Oz)
Cheddar Potatoes (4Oz)
Peas (4Oz)
Bread (1Each)
Jello (4Oz)

Dinner
Soup of the Day (1Oz)
Crackers (1Each)
Hot Ham & Cheese Sandwich (1Each)
Tater Tots (4Oz)
Pickle Spear (1Each)
Pound Cake (1Slice)
with Cherry Topping (2Oz)

Day 5

Breakfast
Orange juice (4Oz)
Cold Cereal or Hot Cereal (1Oz)
Scrambled Eggs (2Oz)
Blueberry Muffin (1Each)

Lunch
Meatloaf, Home Style (3Oz)
Beef Gravy (4Oz)
Mashed Potatoes (4Scoop)
Buttered Corn (4Oz)
Bread (1Each)
Banana (1Each)

Dinner
Hearty Beef Vegetable Soup (6Oz)
Crackers (1Each)
Hot Dog on Bun (1Each)
Baked Beans (4Oz)
Vanilla Ice Cream (4Oz)

Day 6

Breakfast
Orange juice (4Oz)
Cold Cereal or Hot Cereal (1Oz)
Waffles (1Each)
Sausage (3Oz)
Syrup (4Oz)

Lunch
Battered Fish Fillet (1Oz)
Macaroni and Cheese (6Oz)
Broccoli (4Oz)
Bread (1Each)
Chocolate Pudding (4Oz)

Dinner
Minestrone Soup (6Oz)
Crackers (1Each)
Chicken Tenders (3Oz)
Mashed Potatoes (4Scoop)
Buttered Corn (4Oz)
Bread (1Each)
Tropical Fruit (4Oz)

Day 7

Breakfast
Orange juice (4Oz)
Cold Cereal or Hot Cereal (1Oz)
One Egg Omelet (1Each)
Home Fries (4Oz)
Toast (1Slice)
Jelly (1Each)

Lunch
Teriyaki Chicken (3Oz)
Mini Egg Rolls (3Each)
Buttered rice (4Oz)
Oriental Vegetables (4Oz)
Bread (1Each)
Mandarin Oranges (4Oz)

Dinner
Corn Chowder (6Oz)
Crackers (1Each)
Liverwurst & Onion Sandwich (1Each)
Three Bean Salad (4Oz)
Dessert cart (1Each)

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Day 1

Breakfast
Orange juice (4Oz)
Cold Cereal or Hot Cereal (1Oz)
Scrambled Eggs (2Oz)
Danish Pastry (1Each)
Jelly (1Each)

Lunch
Shepherd's Pie (8Oz)
Beef Gravy (4Oz)
Peas and carrots (4Oz)
Bread (1Each)
Lemon Pie (1Slice)

Dinner
Split Pea Soup (6Oz)
Crackers (1Each)
Hot Ham & Cheese Sandwich (1Each)
German Potato Salad (4Oz)
Lettuce & Tomato (1Slice)
Applesauce (4Oz)

Day 2

Breakfast
Orange juice (4Oz)
Cold Cereal or Hot Cereal (1Oz)
Pancakes (1Each)
Sausage (3Oz)
Syrup (4Oz)

Lunch
Spaghetti with Meat Sauce (8Oz)
Green Beans (4Oz)
Garlic Bread (1Slice)
Rice Pudding (4Oz)

Dinner
Chicken Noodle Soup (6Oz)
Crackers (1Each)
Open Face Roast Beef Sandwich (1Each)
Mashed Potatoes (4Scoop)
Buttered Corn (4Oz)
Fudge Brownies (1Each)

Day 3

Breakfast
Orange juice (4Oz)
Cold Cereal or Hot Cereal (1Oz)
Western Scrambled Eggs (1Each)
Hash brown potatoes (4Oz)
Toast (1Slice)
Jelly (1Each)

Lunch
Beef Burgundy (6Oz)
Egg Noodles (4Oz)
Cauliflower (4Oz)
Bread (1Each)
Yellow Cake (1Slice)
Chocolate Butter Cream Icing (1Oz)

Dinner
Hearty Beef Vegetable Soup (6Oz)
Crackers (1Each)
Tuna Salad Sandwich (1Each)
Pasta Salad (4Oz)
Pickled Beets (4Oz)
Peanut Butter Cookies (2Each)

Day 4

Breakfast
Orange juice (4Oz)
Cold Cereal or Hot Cereal (1Oz)
French Toast (1Slice)
Syrup (4Oz)
Bacon (1Slice)

Lunch
Honey-Orange Glazed Ham (4Oz)
Potatoes with Mustard Glaze (4Oz)
Spinach (4Oz)
Bread (1Each)
Fruit Cocktail (4Oz)

Dinner
Soup of the Day (1Oz)
Crackers (1Each)
Philly Cheese Steak Sandwich (1Each)
Potatoes O'Brien (4Oz)
Pickle Spear (1Each)
Pineapple Chunks (4Oz)

Day 5

Breakfast
Orange juice (4Oz)
Cold Cereal or Hot Cereal (1Oz)
Scrambled Eggs (2Oz)
Blueberry Muffin (1Each)

Lunch
BAKED ZITI WITH MEATBALLS (6Oz)
Green Beans (4Oz)
Garlic Bread (1Slice)
Tossed Salad (4Oz)
Ranch Dressing (1Oz)
Jello (4Oz)
Classic Rice Pilaf (4Oz)

Dinner
Baked Potato Soup (6Oz)
Crackers (1Each)
Barbecued Beef on Buns (3Oz)
French Fried Potatoes (4Oz)
Peaches (4Oz)

Day 6

Breakfast
Orange juice (4Oz)
Cold Cereal or Hot Cereal (1Oz)
Waffles (1Each)
Sausage (3Oz)
Syrup (4Oz)

Lunch
Chicken Pot Pie (6Oz)
Italian Pasta Salad (4Oz)
Bread (1Each)
Chocolate Ice Cream (4Scoop)
Buttered Corn (4Oz)
Bread (1Each)
Tapioca Cream Pudding (4Oz)

Dinner
New England Clam Chowder (6Oz)
Crackers (1Each)
Open Face Turkey Sandwich (4Oz)
Cranberry Sauce (1Oz)
Mashed Potatoes (4Scoop)
Jello Cake (1Each)

Day 7

Breakfast
Orange juice (4Oz)
One Egg Omelet (1Each)
Cold Cereal or Hot Cereal (1Oz)
Home Fries (4Oz)
Toast (1Slice)
Home Fries (4Oz)
Jelly (1Each)

Lunch
Salisbury Steak (3Oz)
Beef Gravy (2Oz)
Mashed Potatoes
(4Scoop)
Buttered Corn (4Oz)
Bread (1Each)

Dinner
Cheese Soup (6Oz)
Crackers (1Each)
Battered Fish Fillet (1Oz)
Hamburger Bun (1Each)
Tartar Sauce (1Oz)
Lettuce & Tomato (1Slice)
Coleslaw (4Oz)
Pears (4Oz)

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Day 1

Breakfast
Orange Juice (4Oz)
Cold Cereal or Hot Cereal (1Oz)
Scrambled Eggs (2Oz)
Breakfast Sausage links (2Each)
Toast (1Slice)
Jelly (1Each)

Lunch
Glazed Baked Ham (3Oz)
Au Gratin Potatoes (4Oz)
Asparagus Spears (4Oz)
Tiramisu (4Oz)

Dinner
Baked Potato Soup (6Oz)
Crackers (2Each)
Swiss Burger (1Each)
Lettuce & Tomato
Pickle Spear (1Each)
Potato Chips (1Oz)
Peaches (4Oz)

Day 2

Breakfast
Orange juice (4Oz)
Cold Cereal or Hot Cereal (6Oz)
French Toast (1Slice)
Bacon (2Slice)
Syrup (1Oz)

Lunch
Cream of Mushroom Soup (6Oz)
Crackers (4Each)
Cold Egg and Crab Plate (4Oz)
Fresh Fruit Plate (4Oz)
Chocolate Chip Cookies (2Each)

Dinner
Pork BBQ on a Bun (4Oz)
Onion Rings (4Oz)
Sliced Zucchini Squash (4Oz)
Strawberry Cake (1Each)

Day 3

Breakfast
Orange juice (4Oz)
Cold Cereal or Hot Cereal (6Oz)
Cheese Omelet (3Oz)
Waffles (1Each)
Syrup (1Oz)

Lunch
Macaroni Salad (4Oz)
Sloppy Joe on a Bun (4Oz)
Oven Browned Potatoes
Mandarin Oranges (4Oz)

Dinner
Tossed Salad (8Oz)
Assorted Dressing (1Each)
Cheese Ravioli (8Oz)
Lobster Sauce (2Oz)
Dinner Rolls (1Each)
Apple Pie (1Slice)

Day 4

Breakfast
Orange juice (4Oz)
Cold Cereal or Hot Cereal (6Oz)
Scrambled Eggs (2Oz)
Breakfast Sausage links (3Each)
Toast (1Slice)
Margarine (1Each)

Lunch
Kielbasa (4Oz)
Sauerkraut (2Oz)
Whipped Potatoes (4Oz)
Green Beans (4Oz)
Raspberry Fruited Jello (4Oz)

Dinner
Taco Salad Plate with Cheese Tomato and Sour Cream (1Each)
Refried Beans (4Oz)
Ice Cream of the Day (4Oz)
Mini Chocolate Eclairs (3Each)

Day 5

Breakfast
Orange juice (4Oz)
Cold Cereal or Hot Cereal (6Oz)
Pancakes (2Each)
Syrup (1Oz)
Bacon (2Slice)
Milk (8Oz)

Lunch
Cream of Spinach Soup (6Oz)
Tuna Salad Sandwich (1Each)
Lettuce & Tomato (1Slice)
Pickle Spear (1Each)
Cheetos (1Oz)
Peaches (4Oz)

Dinner
Honey Glazed Chicken (4Oz)
Buttered Noodles (4Oz)
Peas and Pearl Onions (4Oz)

Day 6

Breakfast
Orange juice (4Oz)
Cold Cereal or Hot Cereal (6Oz)
Scrambled Eggs (2Oz)
French Toast (1Slice)
Syrup (1Oz)

Lunch
Healthy Coleslaw (4Oz)
Fried Shrimp (4Oz)
Steak Fries (4Oz)
Cantaloupe (4Oz)

Dinner
Tossed Salad (4Oz)
Assorted Dressing (1Each)
Spaghetti Noodles (6Oz)
Italian Meatballs (4Oz)
Marinara Sauce (2Oz)
Green Beans (4Oz)
Garlic Bread (1Slice)
Cherry Dumplings (1Each)

Day 7

Breakfast
Orange juice (4Oz)
Cold Cereal or Hot Cereal (6Oz)
Cheese Omelet (3Oz)
Bacon (2Slice)
Toast (1Slice)
Jelly (1Each)

Lunch
Stir-Fried Chicken with Basil (3Oz)
Fried Rice (4Oz)
Oriental Vegetables (4Oz)
Mini Egg Rolls (3Each)
Carrot Cake (1Slice)

Dinner
Navy Bean Soup (6Oz)
Chicken Salad Sandwich (1Each)
Lettuce & Tomato (1Slice)
Pickle Spear (1Each)
Potato Salad (4Oz)
Grapes (4Oz)

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Day 1

Breakfast
Orange juice (4Oz)
Grits (6Oz)
Cold cereal (6Oz)
Scrambled Eggs (2Oz)
Hash brown potatoes (4Oz)
Grilled Ham (1Slice)

Lunch
Honey Garlic Pork Chops (4Oz)
Rice Pilaf (4Oz)
Herbed Carrots (4Oz)
Dinner Rolls (1Each)
Blueberry pie (1Slice)

Dinner
Turkey & Swiss Sandwich on Wheat Roll (1Each)
Creamy Cucumber Salad (4Oz)
Melon Wedge (1Each)
Peanut Butter Cookies (2Each)

Day 2

Breakfast
Orange Juice (4Oz)
Oatmeal (6Oz)
Cold cereal (6Oz)
Waffles (2Each)
Bacon (2Slice)

Lunch
Crispy Fish Sandwich (1Each)
French Fries (4Oz)
Creamy Coleslaw (4Oz)
Berry Crisp (4Oz)

Dinner
Yankee Pot Roast with Gravy (4Oz)
Boiled Parslied Potatoes (4Oz)
Green Beans (4Oz)
Dinner Rolls (1Each)
Peaches (4Oz)

Day 3

Breakfast
Orange juice (4Oz)
Cream of Wheat (6Oz)
Cold cereal (6Oz)
Sausage Gravy over a Biscuit (4Oz)

Lunch
Turkey Burger (4Oz)
Corn and Black Bean Salad (4Oz)
Melon Wedge (1Each)
Lemon Bar (1Each)

Dinner
Beef Stir Fry (4Oz)
Lo Mein Noodles (4Oz)
Oriental Vegetables (4Oz)
Pineapple Upside Down Cake (1Slice)

Day 4

Breakfast
Orange juice (4Oz)
Grits (6Oz)
Cold cereal (6Oz)
Omelet (3Oz)
Bacon (2Slice)
Bran Muffins (1Each)

Lunch
Homestyle Pizza (1Slice)
Caesar Salad (4Oz)
Fruit Cocktail (4Oz)

Dinner
Rotisserie Chicken (4Oz)
Loaded Mashed Potatoes (4Oz)
Vegetable Medley (4Oz)
Dinner Rolls (1Each)
Pudding Parfait (4Oz)

Day 5

Breakfast
Orange juice (4Oz)
Oatmeal (6Oz)
Cold cereal (6Oz)
French Toast (2Slice)
Breakfast Sausage links (2Each)

Lunch
Roast Beef and Cheddar on Onion Bun (1Each)
Curly Fries (4Oz)
Three Bean Salad (4Oz)
Applesauce (4Oz)

Dinner
Lemon Pepper Cod (4Oz)
Noodles Romanoff (4Oz)
Broccoli (4Oz)
Cheddar Biscuit (1Each)
Boston Cream Pie (1Slice)

Day 6

Breakfast
Orange juice (4Oz)
Cream of Wheat (6Oz)
Cold cereal (6Oz)
Scrambled Eggs (2Oz)
Canadian Bacon (2Oz)
Biscuit (1Each)

Lunch
Grilled Metts (1Each)
German Potato Salad (4Oz)
Sweet and Sour Cabbage (4Oz)
Apple Crisp (4Oz)

Dinner
Santa Fe Chicken (4Oz)
Fiesta Rice (4Oz)
Buttered Corn (4Oz)
Dinner Rolls (1Each)
Pears (4Oz)

Day 7

Breakfast
Orange juice (4Oz)
Grits (6Oz)
Cold cereal (6Oz)
Pancakes (2Each)
Bacon (2Slice)

Lunch
Sunshine Plate (1Each)
Crackers (3Each)
Fruit cup (4Oz)
Chocolate Chip Cookies (2Each)

Dinner
Stuffed Ravioli with Sauce (4Oz)
Tossed Salad (4Oz)
Garlic Bread (1Slice)
Chocolate Ice Cream (1Each)

Innovations Services
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Office/Fax 419-663-9300
www.innovaservices.info

RMM

Menu Manager

*Master Site

You are logged as admin adLastName   Log out
Resource shelf

Home
Reports

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Reports

DAILY   ALTERNATE   WEEKLY   EXTENSION   LUNCH-DINNER LG EXT   ALT. EXT.   SELECTION   MODIFIED   GROCERY   FOOD GROUPS

FOOD ITEMS   MISSING INGREDIENTS   DAILY PRODUCTION   MENU CHANGE AUDIT   QUICK PRINT   **PREPARATION**   ALTERNATE PRODUCTION   INGREDIENT SEARCH   TEMPERATURE

Start Date: 11/12/2012

For tim (09/16) · 30 (7) : Day 2

Show Report   Print Report   Export To Excel

Note: Reports are printed two ways: on program or by exporting to Excel. It is recommended that you print preview all reports. Use the page set up feature to make adjustments with size, margins and spacing

Formatting of the reports can only be done in Excel. In Excel you have the ability to create borders, format font, coloring, adding pictures and more

You can also delete or add and change the items in Excel. For example you can add "bread and Milk offered daily" on Week at a glance under each meal in the center and delete it off each day in Excel. This will create a "less institutional" look or if you are part of a CCRC you can add additional entrée or items that are offered in dining room

Caution: Always export to Excel from RMM, this will ensure information is current. For example if you export a week with a special menu in it for a particular holiday, the next time you export, the holiday menu will not show if it is passed already because the program will update, but the previous exported spreadsheet will not reflect the resumption of menu without holiday

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Preparation Report for *Master Site

	Sunday, 11/11/2012	Monday, 11/12/2012	Tuesday, 11/13/2012	Wednesday, 11/14/2012	Thursday, 11/15/2012	Friday, 11/16/2012	Saturday, 11/17/2012
Freezer Pull	Freezer Pull	Freezer Pull	Freezer Pull	Freezer Pull Russian Chicken	Freezer Pull	Freezer Pull	Freezer Pull
Next Day Prep	Next Day Prep Raspberry Poke Cake Seasoned Rice Mandarin Coleslaw	Next Day Prep Pork Scallopini	Next Day Prep Bacon Blueberry Muffin Coleslaw	Next Day Prep Breakfast Sausage Spinach Lasagna Rolls	Next Day Prep Bacon	Next Day Prep Muffin Quiche Apple Pie	Next Day Prep
Recipe Needed	Recipe Needed French Toast Roast Beef	Recipe Needed Apple Sausage Bake	Recipe Needed	Recipe Needed Blueberry Muffin Boiled Parslied Potatoes Coleslaw	Recipe Needed	Recipe Needed Roasted Sweet Potato Wedge	Recipe Needed Apple Pie

Menu Manager

*Master Site

RMM

Administration ▶ Customize your community | Menu Calendar | Food Items ▶ | Menu ▶ | Diet Exceptions | Reports |

Reports

DAILY   ALTERNATE   WEEKLY   EXTENSION   LUNCH-DINNER LG EXT   ALT. EXT   SELECTION   MODIFIED   GROCERY   FOOD GROUPS

FOOD ITEMS   MISSING INGREDIENTS   DAILY PRODUCTION   MENU CHANGE AUDIT   QUICK PRINT   PREPARATION   INGREDIENT SEARCH   TEMPERATURE

ALTERNATE PRODUCTION

Start Date   11/12/2012

For tim (09/16) : 30 (7) : Day 2

End Date: 11/12/2012

Show Report   Print Report   Export To Excel

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	Service instructions	Amounts			
Hamburger (3 Oz)					
Ground					
Pureed					
Grilled Cheese Sandwich (1 Each)					
Pureed					
Grilled Chicken (4 Oz)					
Ground					
Pureed					
Chicken Salad (3 Oz)					
Pureed					
Serve on bread					
Peanut Butter Sandwich (1 Each)					
Pureed					
Ham Sandwich (1 Each)					
Ground					
Pureed					
Chef's Salad (6 Oz)					
Chopped					
Substitute No Ham or Tomato [Renal, Renal /LCS]					
Pureed					

Notes and Comments:

Total	Diet Name	Dining Room	Room Service
12	Finger Foods	10	2
0	LCS	0	0
14	Mech	5	9
3	Puree	0	3
34	Regular	0	34
8	Renal	7	1

Innovations Services
Cell 419-541-7288
Office/Fax 419-663-9300
www.innovaservices.info

You are logged as admin adLastName   Log out
Resource shelf

Menu Manager

*Master Site

Home
Reports

Administration ▶ Customize your community | Menu Calendar | Food Items ▶ | Menu ▶ | Diet Exceptions | Reports |

Reports

DAILY   ALTERNATE   WEEKLY   EXTENSION   LUNCH-DINNER LG EXT   ALT. EXT   SELECTION   MODIFIED   GROCERY   FOOD GROUPS

FOOD ITEMS   MISSING INGREDIENTS   DAILY PRODUCTION   MENU CHANGE AUDIT   QUICK PRINT   PREPARATION   ALTERNATE PRODUCTION   INGREDIENT SEARCH   **TEMPERATURE**

Start Date: 11/12/2012

For tim (09/16) : 30 (7) · Day 2

Additional Information: Hot food 165 Cold food t   Save

Show Report   Print Report   Export To Excel

Note Reports are printed two ways on program or by exporting to Excel It is recommended that you print preview all reports Use the page set up feature to make adjustmens with size margins and spacing

Formatting of the reports can only be done in Excel In Excel you have the ability to create borders format font coloring adding pictures and more

You can also delete or add and change the items in Excel For example you can add "bread and Milk offered daily" on Week at a glance under each meal in the center and delete it off each day in Excel This will create a "less institutional" look or if you are part of a CCRC you can add additional entrée or items that are offered in dining room

Caution Always export to Excel from RMM this will ensure information is current for example if you export a week with a special menu in it for a particular holiday the next time you export the holiday menu will not show if it is passed already because the program will update but the previous exported spreadsheet will not reflect the resumption of menu without holiday

Powered by Innovations Services.

Food Temperature Sheet. *Master Site community.

all food at 165 or what ever your standard is

Dinner

Friday, 11/09/2012	Saturday, 11/10/2012	Sunday, 11/11/2012	Monday, 11/12/2012	Tuesday, 11/13/2012	Wednesday, 11/14/2012	Thursday, 11/15/2012
Meatloaf, Home Style	Tossed Salad	Pork BBQ on a Bun	Oven Baked Fish	Stuffed Cabbage with Tomato Sauce	Italian Vegetable Bean Soup	Meat Loaf
Ground	Substitute No tomatoes [Renal, Renal /LCS]	Substitute Plain Pork Sandwich [Renal, Renal /LCS]	Sauce	Substitute 2 oz Meatballs [Mech, Renal, Renal /LCS]	Crackers	Pureed
Pureed	Pureed	Pureed	Seasoned Rice	Substitute Pureed Beef	Substitute Serve as sandwich [Finger Foods]	
Chunks	Assorted Dressing	Substitute Use Hot Dog Bun [Finger Foods]	Mandarin Coleslaw [Puree]	Grilled Chicken Sandwich	Puree in soup	
Beef Gravy	Puree if not smooth	Cucumber Slices	Fruit Medley	Substitute Alternate [Renal, Renal /LCS]		
in cup for dipping	Substitute Only Low Sugar Dressing [LCS]	Garden Vegetable Dip	Substitute 3 oz Meatballs [Finger Foods]	Oven Browned Potatoes		
Mashed Potatoes	Johnny Marzetti	Potato Chips	Mashed Potatoes	Pureed		
Pureed	Pureed	Substitute Macaroni Salad [Renal, LCS, Renal /LCS]	Pureed	Lettuce/Tomato/Onion		
Substitute Tater Tots [Finger Foods]	Substitute Baked Ziti [Finger Foods]	Substitute Puree Macaroni Salad [Puree]	Substitute Tater Tots [Finger Foods]	Buttered Corn		
Substitute Noodles or White Rice [Renal, Renal /LCS]	Corn Bread	Orange Wedge	Substitute Noodles or White Rice [Renal, Renal /LCS]	Substitute Green Beans [Mech]		
Broccoli	Pureed		Substitute Scrambled Eggs [Renal, Renal /LCS]	Coleslaw		
Pureed	Mandarin Oranges		Cottage Cheese	Finely Chop or Substitute		
Peach Cobbler	Puree		Substitute Cheese Cubes [Finger Foods]	Substitute Puree Green Beans [Puree]		
Pureed	Drain		Dinner Rolls	Vanilla Pudding	Dinner Rolls	
Substitute Diced Peaches [Finger Foods]			Pureed	Substitute Marinated Cucumbers [Renal, Renal /LCS]	Pureed	
Substitute SF Peach Cobbler [LCS]			Strawberry Ice Cream	Substitute Angel Cake [Renal, Renal /LCS]	Peaches	
				Substitute Angel Cake [Finger Foods]	Puree	
				Pureed	Drain	

Food Temperature Sheet. *Master Site community.
all food at 165 or what ever your standard Is
Breakfast

	Friday, 11/09/2012	Saturday, 11/10/2012	Sunday, 11/11/2012	Monday, 11/12/2012	Tuesday, 11/13/2012	Wednesday, 11/14/2012	Thursday, 11/15/2012
Juice	Assorted juice No Prune or orange juice]	Assorted juice No Prune or orange juice]	Juice of Choice Substitute Apple or CBJ [Renal, Renal /LCS]	Juice of Choice Substitute Apple or CBJ [Renal, Renal /LCS]	Juice of Choice Substitute Apple or CBJ [Renal, Renal /LCS]	Juice of Choice Substitute Apple or CBJ [Renal, Renal /LCS]	Juice of Choice Substitute Apple or CBJ [Renal, Renal /LCS]
Cereal	Cold Cereal or Hot Cereal Substitute No Raisin Bran, Shredded Wheat or Oatmeal [Renal, Renal /LCS] Puree if cold cereal In Mug if Hot	Cold Cereal or Hot Cereal Substitute No Raisin Bran, Shredded Wheat or Oatmeal [Renal, Renal /LCS] Puree if cold cereal In Mug if Hot	Cold Cereal or Hot Cereal Substitute No Raisin Bran, Shredded Wheat or Oatmeal [Renal, Renal /LCS] Puree if cold cereal In Mug if Hot	Cold Cereal or Hot Cereal Substitute No Raisin Bran, Shredded Wheat or Oatmeal [Renal, Renal /LCS] Puree if cold cereal In Mug if Hot	Cold Cereal or Hot Cereal Substitute No Raisin Bran, Shredded Wheat or Oatmeal [Renal, Renal /LCS] Puree if cold cereal In Mug if Hot	Cold Cereal or Hot Cereal Substitute No Raisin Bran, Shredded Wheat or Oatmeal [Renal, Renal /LCS] Puree if cold cereal In Mug if Hot	Cold Cereal or Hot Cereal Substitute No Raisin Bran, Shredded Wheat or Oatmeal [Renal, Renal /LCS] Puree if cold cereal In Mug if Hot
Egg / Main	Scrambled Eggs Pureed Substitute Hard Cooked Egg [Finger Foods]	Cheese Omelet Pureed Substitute Plain Omelet [Renal, Renal /LCS]	Scrambled Eggs Pureed	Sausage Gravy over a Biscuit Ground Pureed	Scrambled Eggs Pureed Substitute Scrambled Eggs [Renal, Renal /LCS]	Hard-Cooked Eggs Pureed Substitute Hard Cooked Egg [Finger Foods]	
Meat		Bacon Substitute Grd sausage [Mech] Substitute Puree sausage [Puree] Substitute Egg (if on give double portion) [Renal, Renal /LCS] Pureed	Apple Sausage Bake Substitute Cup for dipping [Finger Foods] Pureed	sausage on biscuit sandwich Cut in strips	Bacon Ground Substitute Grd sausage [Mech] Pureed	Bacon Ground Substitute Grd sausage [Mech] Pureed	
Bread	French Toast Pureed Cut in strips	Toast Substitute Grd sausage [Mech] Pureed	French Toast Cut in strips Pureed	Banana Substitute Pound Cake [Renal, Renal /LCS]	English Muffin Substitute Egg (if on give double portion) [Renal, Renal /LCS] Puree	Breakfast Sausage Blueberry Muffin Substitute Egg (if on give double portion) [Renal, Renal /LCS]	
Condiment	Syrup Substitute Cup for dipping [Finger Foods] Pureed Substitute Diet Syrup [LCS]	Jelly Substitute Diet Jelly [LCS] Substitute Puree sausage [Puree]	Syrup Substitute Diet Syrup [LCS]	Substitute Diet Syrup [LCS] Substitute Puree sausage [Puree]	Substitute Puree sausage [Puree]	PUREED HALF [LCS] Substitute Puree sausage [Puree]	

Food Temperature Sheet. *Master Site community.
all food at 165 or what ever your standard is

Lunch

Day	Menu items
Friday, 11/09/2012	Hearty Vegetable Beef Soup; chopped vegs/ beef; Substitute chicken noodle soup [Renal, Renal /LCS]; Pureed; in mug; Pureed; Fresh Fruit Plate; Canned (Bananas OK); No oranges, bananas, cantaloupe or honeydew; Pureed; Cottage Cheese; Pureed; Substitute Scrambled Eggs [Renal, Renal /LCS]; Pureed; Substitute Cheese Cubes [Finger Foods]; Oatmeal Cookies; Substitute Sugar Cookie [Mech. Renal, Low Fat/Low Chol, Renal /LCS]; Pureed; 1 Cookie [LCS]
Saturday, 11/10/2012	Baked Cod; puree; Substitute fish sticks [Finger Foods]; Pureed; Baked Sweet Potato; in strips; Substitute Rice or Buttered Noodles [Renal, Renal /LCS]; Pureed; Key West Vegetables; Cut in Bite Size Pieces; Pureed; Oreo Delight; Substitute Alternate Dessert [Renal, Renal /LCS]; Pureed
Sunday, 11/11/2012	Roast Beef; ground; Pureed; Mashed Potatoes; Substitute Noodles or White Rice [Renal, Renal /LCS]; Pureed; Baby Carrots; Pureed; Oreo Delight; Pureed; Parmesan Biscuit; Raspberry Poke Cake
Monday, 11/12/2012	Cream of Asparagus Soup; Substitute Alternate Soup [Renal, Renal /LCS]; Substitute Pureed alternate soup [Puree]; Crackers; Puree in soup; Chicken Salad Sandwich; Substitute No tomatoes [Renal, Renal /LCS]; Lettuce/Tomato/Onion; Pureed; Tossed Salad; Substitute Only Low Sugar Dressing [LCS]; Assorted Dressing; Pureed; Substitute Tater Tots [Finger Foods]; Pureed; Fruit of the Forest Pie; Pineapple Chunks; Puree if not smooth
Tuesday, 11/13/2012	Pork Scallopini; Egg Noodles; Rice or Noodles]; Substitute Penne [Finger Foods]; Pureed; Green Beans; Pureed; Dinner Rolls; Substitute Peaches [Mech. Puree]; Drain; Plums; in mug
Wednesday, 11/14/2012	Potato Crunch Fish Filet; Boiled Parslied Potatoes; Broccoli; Pureed; Pistachio Delight; Parmesan Cheese; Pureed
Thursday, 11/15/2012	Spinach Lasagna Rolls; Broccoli; Pureed; Breadstick; Pureed

Resouce shelf files

➤ Expert from the "Food Service Tune Up" book on how to set up an order guide

➤ Newly revised Diet manual

➤ Selection of professional PDF satisfaction Surveys

➤ User manual

➤ Form for tracking menu changes before entering in the system

➤ Complete file of Master Cook recipes

Order Guide

An order guide can ensure ordering efficiency, stabilize inventory, limit substitutions due to run outs or over stocks, track and document product costs, help keep food cost on target and allow a substitute to place an accurate order in the absence of your usual person. In addition to all of this, Order guides contribute to food quality and safety by ensuring the you order known products whose characteristics are suited to your recipes and production methods.
In the know...........

How to set up your Order Guide

- Complete a comprehensive inventory list of items required to produce the menu. Organize the list by storage area. This list should flow from inventory sheet to storage shelves ("sheet to shelf") and should not include dead stock. For example, as you walk in the store room, the inventory list should start with the first item on the shelf and work its way to the other end. This process needs to be completed for the freezer, cooler and reach in coolers and all other storage areas.
- Set up (or have your vendor rep do so) the order guide on the computer so it flows in the same manner as your inventory list throughout all storage areas.
- Print off a master copy; this will be the base for your order guide.
- Establish par levels for all par stock items - sugar, creamers, butter, flour, cereal, rice etc., and enter them on the master order guide
- Take the menu and group the days together that equal an order. For example, if you have a five-week cycle menu (Monday-Sunday) and you order twice a week (e.g. Wednesday and Saturday), then you will have ten groupings of orders. The order you place on a Wednesday would normally come in on Thursday, but you wouldn't start using it until Friday... in case there is a delivery problem. The order you place Wednesday would cover food needed for Week 1 cycle—Friday, Saturday, Sunday and Week 2 cycle—Monday. The order you place on Saturday would normally come in on Monday, and would cover food needed Week 2 cycle—Tuesday, Wednesday and Thursday.
- Order the specific non-par stock items: entrees, vegetable, starch, breads dessert, etc., and all par stock items needed for service, pre-prep and freezer pulls through the next order date. Amount ordered should be:

    Amount needed for the order cycle
    Minus amount on hand

>   **Plus**   amount to be used prior to and including delivery date
>   **Equals** amount to be ordered
- Use inventory list to complete a monthly inventory at the designated day each month.

Tip... Keep a separate order guide for your china, flatware and serving utensils. Include: par level, reference the type, pattern, vendor and any other specifications that will help you order the same thing. This will save you from many problems when you want to reorder later on.
See order guide set up sheet

Taken from: The Food Service Tune Up by Tim Bauman and Wayne Toczek

Tune-up Book
Name: (as it appears on credit card)

_____
Address:

_____
City, State,
Zip:_____
Phone number:

_____
Email:

_____
# of Books:_____ Cost/Book:$44.95
(shipping charges apply in US) Total _____
Additional Charges apply outside of the continental
US:_____
Please note: 10% discount for orders of 10; and 15% for orders of 100
May send checks payable to :
Innovations Services, Re: "Tune-up Book"
102 Parsons St, Norwalk, Ohio 44857
Email or Fax Credit Card Orders: tuneup@earthlink.net
Fax: (419) 663-9300
Credit Card:___Visa___Mastercard__American Express__Discover
Number on Card:_____Three digits on
back_____
Expiration Date on card:
____/____Signature:_____
Thank You for Your Order, Enjoy the Book!

Order Customization Sheet

Purchasing Group

Groceries

Canned Fruits
    Light Syrup ____
    Juice   ____
    Water   ____

Canned Vegetables [these typically will be higher in sodium]

    List acceptable:
    Beets_____   _____
    Yams_____   _____
    Three bean salad_____   _____

    _____   _____
    _____   _____
    _____   _____

Canned Soup
    Canned
    Frozen [put x beside item]

    List acceptable:

    _____   _____
    Tomato_____   _____
    Cream of Mushroom_____   _____
    _____   _____
    _____   _____
    _____   _____

Individual Soups [alternate is to move to muffin tin frozen method]

    _____   _____
    Tomato_____   _____
    Cream of Mushroom_____   _____
    _____   _____

Sauces:

List acceptable:

_____   _____
_____   _____
_____   _____
_____   _____

Pasta
    Dry
    Frozen
        Lasagna Sheets
        Egg Noodles
    Other

_____   _____
_____   _____
_____   _____

Condiments

    Bulk _____   Salt Sub _____   McCormick Spice Blend _____
    PC _____   Mrs Dash _____

Anamolies

_____   _____
_____   _____
_____   _____
_____   _____
_____   _____

Puree
    Pre-made frozen _____   Other _____
    Canned _____   _____
    Other _____   _____

Floor Supplies
    Snack Cart _____
    Bulk _____
    Pre-packaged _____

List:

_____ _____   _____ _____
_____ _____   _____ _____
_____ _____   _____ _____
._____ _____   _____ _____
_____ _____   _____ _____
_____ _____   _____ _____

Coffee
    Frozen _____   Regular _____
    Liquid _____   Decaf _____
    Grounds _____

Salad Mixtures
    Marconi _____   Other _____
    Coleslaw _____   Potato _____
    Carrot Raisin _____

Frozen Goods

    Prepared entrees

    Cabbage rolls   Other
    Salisbury steak
    Lasagna   _____
    Stuffed Peppers   _____
    Meat Loaf   _____
        _____

Juice
    Canned _____   V-8 _____
    Mix _____   Tomato Juice _____
    RTU Cont. _____   Prune _____
    Machine _____
    Bag in Box _____   Thickened
    Shelf Stable _____   Honey _____
    Other _____   Nectar _____
        _____
        _____

Sandwich meats
        Sliced   Mixtures
    Deli _____   Tuna _____   Ham _____
        _____   Egg _____
        _____   Chicken _____

Meats

　　　　　Pre-cooked　　____

　　Type

　　　　　Raw　　　　80/20　　85/15　　75/25
　　　Ground　　　　____　　____　　____
　　　Top Round　　　____　　____　　____
　　　Bottom Round
　　　Beef Knuckle

　　　Turkey　　　white　white/dark
　　　　　Bone-in
　　　　　Skinless

　　　Chicken
　　　　　Breast　　　____
　　　　　Thigh　　　____
　　　　　Pulled　　　____
　　　　　Diced　　　____
　　　　　Bone in qrts　____
　　　　　Bone in Breast____

　　　Sausage
　　　　　Pre-cooked　____
　　　　　Patties　　　____
　　　　　Links　　　____
　　　　　Ground　　　____

　　　Bacon
　　　　　Per Pound

　　　Hot dogs

　　　Hamburgers

Thicken liquids

　　　　　Pre-thickened ____
　　　　　Powder　　　____
　　　　　Packets　　　____
　　　　　Liquid　　　____

Supplements
　　　　　4 oz shakes　____　　　Other _____
　　　　　Pudding　　____　　　　　_____
　　　　　Powder　　　____　　　　　_____

Puree bread

        Slurry   ____
        Novaris Mix   ____
        Bread crumbs ____ (in products)
        Bread slices   ____ (in products)

Pies/Cakes
    Pies

        RTU
        RTB
        Scratch
        Shells

    Cakes

        Mixes
        Frozen
        What type of brand mix: ____

Sugar Free

        Made
        Bought
        Mix

Frozen baked goods

        Biscuits Frozen
        Biscuits Mix (dry)

        Pancake Mix
        Pancake Frozen

INNOVATIONS SERVICES

NUTRITIONAL CONSULTING PROGRAM

DIET MANUAL

Third Edition

Compiled by

Innovations Services, Inc.
102 Parsons Street
Norwalk, Ohio 44857

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Table of Contents

Preface

This Diet Manual is designed as a resource to guide and assist the physician, dietitian, dietary staff and other members of the healthcare team to promote optimal nutritional care for all residents. It represents the clinical dietitian's interpretation of current concepts of geriatric nutrition and has been approved by the medical staff. It was developed in accordance with applicable statutes (see box, below).

Descriptions and Indications for each diet are provided. A statement of nutritional adequacy of each diet is included (using The Tuft's Food Guide Pyramid for Older Adults which is based on the National Research Council's Recommended Dietary Allowances [RA]).

Physicians are requested to read and follow the procedure for ordering diets. Diet orders which adhere to the facilities diet philosophy will result in prompt and accurate service by the nutrition staff.

A Registered and Licensed dietitian is available from Innovations Services for clarification of any aspect of the diet manual.

> *Paragraph (B) of rule 3701-17-18 of the Administrative Code for Ohio specifies, "Menus shall be varied and be based on a standard meal planning guide published or approved by a licensed or registered dietitian in accordance with acceptable standards or practice". Then paragraph (F) of rule 3701-17-18 of the Administrative Code for Ohio specifies, "Each nursing home shall provide nourishing, palatable and attractive meals that provide the recommended dietary allowances of the Food and Nutrition Board of the National Academy of Sciences. Food shall vary in texture, color and seasonal items. The food shall be prepared and served in a form that meets the resident's needs based on the assessment conducted pursuant to rule 3701-17-10 of the Administrative Code".*

Dining room 2pp
Dining room 4pp
Dining room full page
Quick survey
Satisfaction 2pp
Satisfaction 4pp
Satisfaction full page
Service and dining
State survey style questions 2pp
Taste temp appearance full page
State style question for NC 1page

Let us Know!

Questions

Questions	Yes, Always	Yes, Sometimes	No, Hardly Ever	No, Never
Do you get enough to eat?	☺	☺	☺	☺
Is the food tasty?	☺	☺	☺	☺
Can you get a variety of foods you like?	☺	☺	☺	☺
Is the food the right temperature? (hot food hot, cold food cold)	☺	☺	☺	☺
Is the dining area a pleasant place for you to eat?	☺	☺	☺	☺
Do you like the way your meals are served here?	☺	☺	☺	☺

Comments _____

_____

_____

_____

Your Name _____   Date _____

optional

Let us Know!

Please Check One

Questions

	Yes, Always	Yes, Sometimes	No, Hardly Ever	No, Never
Do you get enough to eat?				
Is the food tasty?				
Can you get a variety of foods you like?				
Is the food the right temperature? (hot food hot, cold food cold)				
Is the dining area a pleasant place for you to eat?				
Do you like the way your meals are served here?				

Comments _____
_____
_____
_____
_____

Your Name _____   Date _____
         optional

RMM

User Manual

CONTENTS

Getting started in Resident Menu Manager is easy and straightforward. You begin by defining and Customizing your Community. Identifying and labeling your facility's basic dietary requirements can be done on this screen. Meal names, food consistencies, and individual food group requirements are designated here.

Start by naming your meals according to the community's regional preference (i.e., dinner vs. supper, etc.)

Customize your Community

Meal names

1. Breakfast
2. Lunch
3. Dinner
4.

Save

Note: Meal names appear on all reports; these fields are left open for communities that wish to call meals by different names such as "Supper". The Fourth section is for communities that may offer an additional meal or even Breakfast Buffet, Breakfast, Lunch and Dinner. Keep in mind the order in which meals appear are dictated by the numbers in the boxes.

Resident Menu Manager also allows you to specify the particular dietary requirements of your Residents according to the most common needs. You may also add a customized diet by clicking on the "Add Diet" button.

Diets

*Note: Program is pre-loaded with the following diets: Regular, Puree, Mech, NAS, LCS and Renal. Please refer to your diet manual for exact names. **Your RMM comes with a complete Senior living diets manual in PDF form. This is current as of 2010. By calling Innovations Services you can request a Word version of this manual.*

Diet Name	Description	Census Count
GI soft guidelines	low residue	
Low Chol Guidelines		
Low Potassium Guidelines	renal	
Mech		
NAS		
NCS	Diabetic	
No seeds nuts Hulls		
Pureed	Puree	
Regular		

Add Diet

=COPY, =ACTIVE DIET, =INACTIVE, =EDIT THE DIET, =DELETE THE DIET, =INCLUDE DIET IN CENSUS COUNT ON PRODUCTION SHEETS

The final first step in getting started is to customize the basic nutritional requirements of your Resident Community. The "Add" button allows you to customize for your Residents' particular needs.

Food Groups and Carbohydrates

Name	Description	Daily Value		
Breads and Grains	servings	6	✎	✖
Carbohydrates	15g per serving	17	✎	✖
Fruits and Vegetables	servings	5	✎	✖
Meat and Proteins	ounces	6	✎	✖
Milk and Dairy	servings	2	✎	✖
Vitamin A source	every other day	0.5	✎	✖
Vitamin C source	servings	1	✎	✖

Add

RMM

Having completed defining your facility's basic dietary needs, you are ready to address the "Menu" section.

Note: The following icons are used consistently throughout RMM:

✖   Delete Item –This icon is used to denote a "delete" command.

✎   Edit Item –This icon is used to denote an "edit" command.

Condiments/Beverages

Acini De Pepe Fruit Salad ▼   Add   Note: click to buttons with digits to add or remove appropriate allowables from food groups adequacy report

Portion size: 4   Oz ▼

Meals to include in report

Creamer (1 Each)	✖
Milk (8 Oz)	✖
Salt (4 Oz)	✖
Pepper (4 Oz)	✖
Margarine (4 Oz)	✖
Sugar packet (4 Oz)	✖

In the condiment/beverage section, the plus and minus sign allows users the ability to include the food item such as milk in the daily food group count. Simply click on the minus sign to active for specific meals.

Menu Manager quick start

Quick start: MENU MANAGER

Overview of program

The Menu Manager is designed to provide all the tools need for a proper production system. Here is how it works ... The program uses recipe information from the Master Cook program [consumer rated the 2nd easiest program to operate] the recipes are exported from the program and imported into the menu manager. The information taken includes: Recipe name, ingredients and certain nutrition data: [Calories, Fat, Protein, and Carbohydrate, trace Dietary Fiber, Cholesterol. Sodium]

Note this information can be edited, customized and updated as needed by using Master Cook or the Menu Manager program

Getting started:

STEP ONE:

Customize Your Community section:

Meal names

- You can rename meal names if needed. Review the diets you can add edit and copy [use save as function]
- What is the difference between Adding or Save As : "Adding" is for a new diet but "Save As" allows you to copy the diet over and make adjustments to diets , this is best used for creating combination diets from the basic list
- Edit simply changes the name only
- Have more than 3 meals please see user manual for how to set up

Diets/ Meal categories

- If there are diets you are not using or have in house at the present time you can make "Inactive" or if the diet will never be used under any circumstance it can be deleted
- Have more categories such as Assisted living, Independent , others or want to include additional information on the production report regarding production amounts please see user manual for how to set up

Dining locations

- This section allows you to set up the diet census by area such as main dining room or floor dining rooms. The production sheet will all the production staff to see the total diets need and then how it is distributed by area

Menu Manager quick start

Food Groups and Carbohydrates

This area is preset with daily requirements per group; this is based on the electronic diet manual on the book shelf

Nutritional information

This area shows what nutritional information can be presented if selected in Report function. You can add ,edit or delete the amount of info you would like to change

STEP TWO: How to Use: Create a menu period and then create cycles to add in to the period

Menu calendar

Menu period

Set up a menu period this will be the starting point of your menu it is the range that runs your cycle with in the period, the menu will run until you set up another starting point.

Menu Cycle

Develop menu cycles, determine the days it will run, use traditional seven days or you can set your own length

Remember the menus just need added to the beginning , they will then cycle through until either a new menu period is create or if a special menu is triggered

This program has preloaded menus and they are available for viewing in the report section under: QUICK PRINT. These can be edited and renamed and then added to your menu period. Simply decide on the weeks you desire or best fit your community and edit and add to the menu period

Special menus can be added also by date amounts, please see user manual for how to set up and use

STEP THREE:

Menu: How to use: click on day you want to modify and use icons to the right to perform the editing functions

Daily menu

Menu Manager quick start

- Use the calendar or drop down box to edit the day you want to work on, the view allows you to see three days before and three days after. Simply add in food items by using the drop down box before adding in the menu you can change portion size and measure or designate as an alternate item [note alternate items are not counted in the menu food groups]
- This is the core of the menu creation and editing. Users can add items, switch or rotate [lunch and dinner] meals, copy meals and delete.
- As you add items you can choose to approve or modify for diets and also select the "off "mode for diet selection. If this is selected you must approve or modify food items in the Food item file tab. The filter function allow for week by week filtering each cycle
- If there is a food item not listed you can add it in the menu mode , however

Alternate menu

- This area allows you to set up your "Always Available " menu , Users can also set up rotating cycles

Condiments/ beverages

- This is a onetime field set up that designates the standard condiments offered

Food items How to use: select the food item you want to modify by filtering by week or day or use the search function by alpha recall

Edit, add and set menu item features. This area allows you to modify the food item traits such as:

- Portion size: set the way food items will be presented on the production sheets
- Serving instructions: this allows the user to describe how the items could be garnished or served
- Serving measure this allows the user to designate serving utensil or measurement
- Food groups: This allows the user the ability to assign a food group so it can be measured and tracked. This can be useful to determine menu changes
- Prep: This alerts the production staff to what should be prepare a day in advance
- Freezer pull this allows the user to be alerted to what needs to be pulled out in advance by the production staff
- Healthy choice: This is use to designate the healthy choice for food items that are lower in sodium, fat and sugar
- Recipe needed; this creates a list of recipes you will need to print from Master Cook for your production staff
- Diet exceptions the user can change and review menu approvals for the diets you offer, once set approvals are marked, they are saved for all future use

Menu Manager quick start

- Ingredients
- This area allow you to edit and add in ingredients, this information is used in the grocery list report and also when using the ingredient search function

Diet Exceptions

- This area allows the user the ability to review what food items are approved or modified for each diet offered

Copy

- This function allow copies to be made of the food item , copying allows all the characteristics to be copied over and then modified as needed

Nutritional information

- This area allow s the user the ability to adjust or confirm the nutrient information of the food item

Reports: This area allows the user to print a variety of productive reports.

- **View the report: Click on the report you want to print, select the date, date range or drop down option. You can instantly view by using the "show report "function"**
- **How to print reports [all reports are printable from the web or Microsoft Excel]**
- **Select the report; use the calendar to designate the date range except the following: ingredient search, quick print, food items and missing ingredients**
- **To print from the browser, follow the calendar, check box and drop down options**
- **Reports sent to Microsoft office are sent to the program and opened, they can be saved or edited in the program also**

Menus to view or post by day or by week including the alternate menu and selection sheets, these are exportable to Microsoft Word also

Menu Manager

Steps to make menu change:

1. Sign in to Menu Manager click on the menu tab at the top of the page. Click on Daily Menu from the drop down box.

2. Select the Menu Cycle and the Day of the cycle you wish to work on

3. To delete a menu item, double click on the item or click on the X to the right of the item
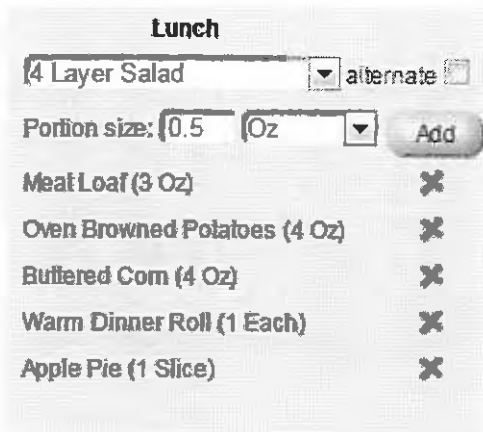
4. To add a menu item, begin typing the name of the item in the box that says "4 Layer Salad" above. The item will appear in the drop down list. Click on the item so it appears in the box, then click the Add button. The added menu item will appear at the bottom of the list. If the item is the entree or other menu item that should be located closer to the top, click and drag the item to the appropriate location.

NOTE: If menu item does not appear in the drop down list try alternate names or spellings for the item. i.e. If Meatloaf doesn't appear, try Meat Loaf, etc. It the item still doesn't appear, you will need to go to the Food Item tab and add it.

5. To Add a Food Item

Choose Food Items from the drop down box on the Food Item Tab and click the black Add box <u>OR</u>

1

Click on the black Add box on the Daily Menu screen. If you choose this option, you will have to revisit the food item from the Food Items tab to edit ingredient or diet approvals/exceptions.

In the box that appears, (see below) type the common name of the item you wish to add. Next, choose a *Portion Measure* from the drop down box, then enter the size portion desired in the *Default Portion Size* box. The *Serving Instructions* box is a free text box in which you may enter the serving utensil, number of cuts per pie, or garnish or condiment instructions.

Click on all of the food group boxes that are appropriate for a food item. i.e. for a pasta item, both Breads and Grains and Carbohydrates would be checked. If the portion size provides more than one unit of the food group, i.e., for a 3 oz. portion of Meat Loaf change the 1 to a 3 in the servings column.

For the same Meat Loaf item, the ground beef would need to be pulled from the freezer in advance and the Meat Loaf would be baked the day before service in most kitchens. In this case, click on the *Freezer Pull* and *Next Day Prep* boxes.

Name:	
Default Portion Size:	1
Serving instructions:	
Portion Measure:	Each ▼

Food Group — **Servings**
- ☑ Breads and Grains — 1
- ☐ Carbohydrates — 1
- ☐ Fruits and Vegetables — 1
- ☑ Meat and Proteins — 1
- ☐ Milk and Dairy — 1
- ☐ Vitamin A source — 1
- ☐ Vitamin C source — 1

Preparation Methods
- ☐ Freezer Pull
- ☐ Next Day Prep

- ☐ Create ingredient with the same name
- ☐ Recommended for heart
- ☐ Recipe Needed

[Save And New]   [Save]   [Cancel]

You should click on the *Create Ingredient with the Same Name* box when adding a food item that will have nothing added to it in the production process. i.e. Kiwi Fruit. This item would also meet the criteria for *Recommended for Heart* so you would also click on this box. If you were adding Meat Loaf you would click on the *Recipe Needed* box; if adding Kiwi Fruit, you would not.

After adding the food item, return to the daily menu screen and follow the steps for adding a menu item. The new food item will now appear in the drop down box.

6. Approving food items/diet exceptions

In healthcare communities, each food item needs to reviewed for appropriateness of use on each of the diets served in the community. To complete this function, click on the Approve box for each diet name than can be served the item. For those diets that cannot receive the item as produced, click on the drop down box in the Diet Exception Type column and select the type of modification necessary: Portion Size, Process, Substitute or Omit.

When a different item is needed, select Substitute and enter the item to be substituted in the Additional Info Column. This triggers the item appearing on the Grocery List. All entries in portion size, process and substitute categories will appear on the Production Sheet.

You are in the diet mode for Diet exceptions (Meat Loaf)

Diet Name	Description		Diet Exception Type	Additional Info
1.Advanced Soft		Approved	Cancel	
2Mechanical Soft		Approved	Cancel	
3Puree	Puree	Modified	Process	Pureed
Consistent CHO		Approved	Cancel	
Regular		Approved	Cancel	
Renal		Approved	Cancel	

Save And Exit   Cancel

NOTE: If menu will not be served in a healthcare environment, check the *Without Approval* box on the Daily Menu screen.

6. Entering ingredients (needed for accuracy of the grocery list)

While still in the food item tab, click on the icon fruit on the same line as the food item. If a list of ingredients appears, compare the list to those in your recipe. Click on the red X to delete any items not in your recipe. If no ingredients are listed or your recipe has additional ingredients, enter the name of the ingredient in the Add New box.

For each ingredient, choose the correct storage location. This allows the grocery/inventory list to print out by storage area. Click on the Save bubble. When editing in this function make sure to click on the

blue disk (shown in the picture on the next page) to save your changes.   To use this function, storage locations must be set-up in the Grocery List Customization Tab by your administrator.

Meat Loaf

Black Pepper	Dry Storage	
Garlic Powder	Dry Storage	
Ground Beef	Walk-in Freezer	
Ketchup	Dry Storage	
Liquid Eggs	Walk-in Freezer	
Oriental or Panko Breadcrumbs	Dry Storage	
Spanish Onions	Walk-in Freezer	

Add new: [   ]   Dry Storage   [Save]

Cancel
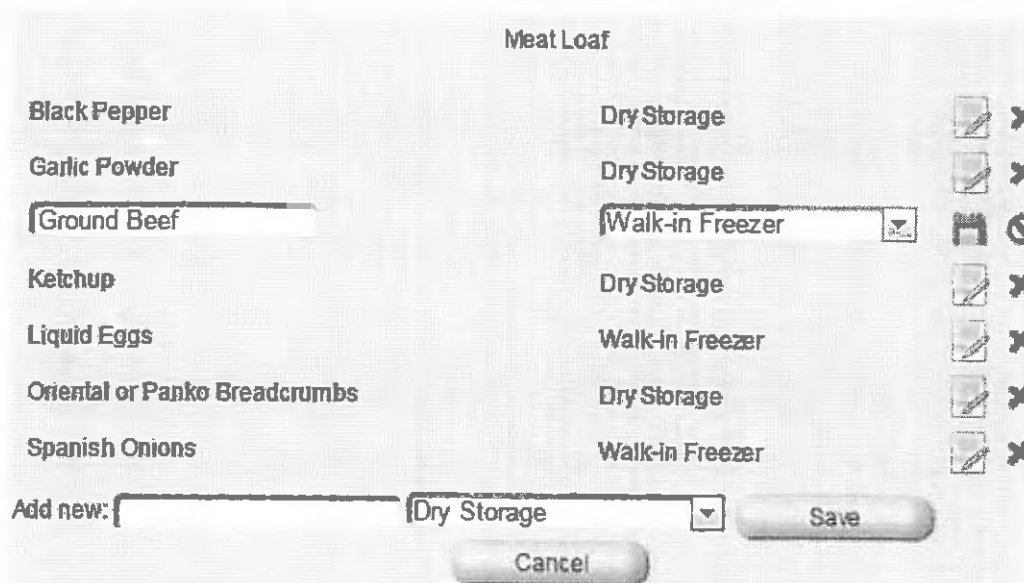
It is also helpful to add condiments usually served with a food item as an ingredient , i.e. lemon wedge or tartar sauce with fish, so they will appear on the grocery list.

TIP: To keep your grocery list as simple as possible, make sure that you always enter the same ingredient, the same way. i.e. Parsley and Parsley Flakes could both be used for dried parsley. Decide which one you want to use and then use it consistently.

Your menu change is now complete using all capabilities of the Menu Manager program.

Menu Writing and Creating Extensions Sheets

The menu is one of the driving forces behind any food service program. Menus are created in several different ways by vendors, with part of software provided program or the menu department in the organization, by consultant dieticians, or in-house using Word or Excel. All are adequate ways to manage the menu.

However, there are also limitations with them all such as automation, adjustments, flexibility, turnaround time, current data entry time, data entry restrictions, saving capabilities, approval of diets, production sheets, recipes, integrating guest counts, food exchange tracking, compatibility with other programs to enhance presentation when posting and presenting the menus.

There can be a dilemma over the program limitations, its user friendliness, the time it takes to produce the wanted results and regarding expectations of the results. Many programs produce menus in formats that are not easily editable, or sometimes the process of making changes is not easy or timely. Holiday or special meal records are not always kept . The time you take to create a menu and extension sheet is just the beginning. You then need recipes, production sheets, order guides, and sometimes even items like selector sheets for room service and menus for posting.

These very factors have been the driving force behind the creation of the Resident Menu Manager program. This innovative web-based program does all the things a dining services director would want a program to do and more. That is because it was designed by professionals who are operators in the field first and understand what it takes to run a productive, cost effective and excellent dining services program. We understand your time is limited and quick and easy turn around and useful information is needed. We have therefore developed this system to enable you to make changes to the menu daily or weekly with ease in response to customer comments and requests. Additionally, as changes are made they are carried through to food ordering and other tools for production such as:

- Production sheets [including freezer pulls, pre-prep, garnish, updated diet/production counts based on census]
- Grocery lists of menu items and ingredients needed based on the recipe
- Controlled access to reports to prevent altering the menu

1

Menu Writing and Creating Extensions Sheets

The program will not generate a grocery list that will tell the user EXACTLY HOW MUCH to order. However, it will alert the user to all ingredients need, even condiments and garnish by simply adding it to the program database. We feel as an industry standard, it is the manager or designee's responsibility to engage in the correct ordering procedure and to take an inventory.

Other functions available:

- ➤ Set up ordering of par level items
- ➤ Actual physical counting of inventory against the upcoming menu
- ➤ Adjustment of order based on needs, leftovers and recipe adjustments

Get useful information such as:

- ➤ Week at a glance menus that are exportable to Word and Excel, complete with dates in a "non" institutional format. Therefore, it is easy to customize the menus, i.e. add borders, graphics and make font enhancements. It also allows for the menus to be in a format that can be e-mailed. Because the program is driven by dates, information is always current and reflective of changes and with it being web-based, the user can access it from anywhere. Changes are tracked by date, item and user in a date range report, if needed.

- ➤ Extension sheets that are easy for staff to view and refer to when serving food items. Extended diets not being used can be inactive while not being used. This will give the user less to filter through while serving the meal or checking on a diet.

- ➤ Menus that are presentable and do not require retyping, that can be easily e-mailed or accessed.

- ➤ Editing menus is easy as the program remembers permission for diets; extending is automatic unless prompted by the program.

- ➤ The audit function also helps to ensure food items are not skipped over and allows the user to easily edit information.

Menu Writing and Creating Extensions Sheets

➢ Production sheets are complete by meal and exportable to Excel. These sheets contain all critical production information such as:

- ✓ Menu items, substitutes and modifications [with diets specified]
- ✓ Production counts and tallies totaled and by location
- ✓ Garnish is specified if appropriate
- ✓ 2 day ahead freezer pull
- ✓ 1 day in advance pre-preparation list

Special meals and events are added in the program and triggered by the date, which can be edited as needed to any date or year. For example, if you develop a nice Labor Day picnic style menu, you can run it endlessly by simply editing the date in the menu calendar.

Menu adequacy and nutritional analysis:

The basis for nutrition information is basically to ensure you are following the meal pattern according to your diet manual. Our program allows the user to set up the food pyramid guidelines and even add additional categories for food items. The menu you create is measured from this pattern. You can even track additional items such as Zinc. Simply add it in customize your community and then designate food items high in Zinc in the food item tab.

A detailed description for nutrition breakdown by recipe is available in the Master Cook program.

The food group and carbohydrate counting is done by the user for all new food items. The program comes pre-loaded with food items marked and can be easily edited based on your specific needs.

Total

Vitamin A source
Vitamin C source

Breads and Grains
Fruits and Vegetables
Meat and Proteins
Milk and Dairy

Carbohydrates

3

Other optional reports and forms that are automatically generated are shown below:

DAILY	ALTERNATE	WEEKLY	EXTENSION	LUNCH-DINNER LG EXT	ALT. EXT.	SELECTION	MODIFIED

GROCERY	FOOD GROUPS	FOOD ITEMS	MISSING INGREDIENTS	DAILY PRODUCTION	MENU CHANGE AUDIT	QUICK PRINT
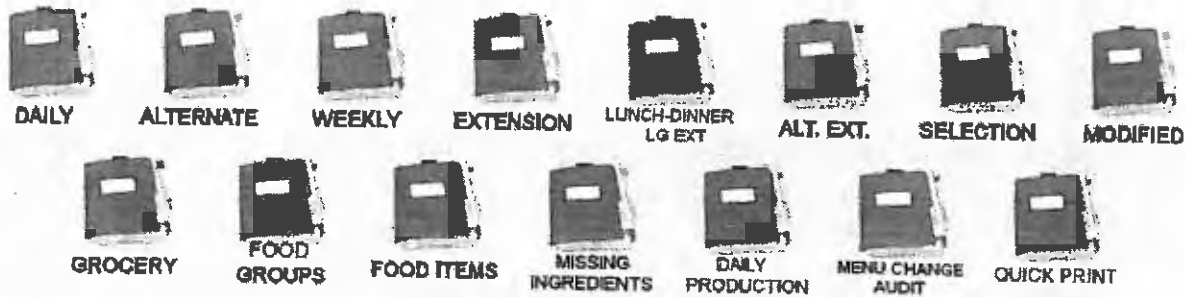
Modified - lists reports for food items.

Missing Ingredients - tells the user what food items are in the program and related information. This allows the user to see information and understand what changes need to be made to the program.

Quick Print – This feature allows the user to view the pre-loaded menus in the system.

Food Items – This report allows the user to view all food items and pre-loaded information.

Grocery Report – This report is date driven. If a food item is designated for pre-prep or to be freezer pulled the system will include it in your grocery list. Also included are:

- Food items added without a recipe or ingredients
- Substitutes you have selected for diets, to alert the user to make sure they have on hand that particular substituted item

All report are exportable to Excel or can be printed directly from the site.

Bonus features and extras include:

- o Excerpt from CEU book, "The Food Service Tune Up".
- o Diet Manual in PDF format [customers can request Word version for easy editing and customization].
- o Customer satisfaction surveys Up in PDF format.
- o Complete RMM User Manual with screen shots and easy to understand bullet points in PDF format.
- o Form to track changes and requests in PDF format.
- o Master Cook Book recipes book in Master Cook format.

We welcome you to visit our website: www.innovaservices.info and log in as: mailto:guest@innovations.com. Use the password: password to gain access and navigate through the program and try features. The User Manual is on the site as well and downloadable as a PDF.

Innovations Services Overview

Innovations Services, provides a range of information resources, software, tools, products and training services to dining service operations. Visit www.innovaservices.info for details. Examples include:

- Interim management
- Clinical consulting

RMM Login: click here

Please visit our web site: www.innovaservices.info for more information.

SETTING UP IMPORTED MENUS

Adding New Menus to the Menu Manager Program

1. Take the attachment (zipped file) and save it to your desktop.

2. Unzip the folder by opening the folder then use the mouse to right click on

   the file, select copy.

3. Go to the desktop and right click, select paste.
   The folder is now "un zipped or compressed and accessable.

4. Open your menu manager and go to menu calendar. Select add as seen
   below. This will be the "playlist for your 4 new menus

SETTING UP IMPORTED MENUS
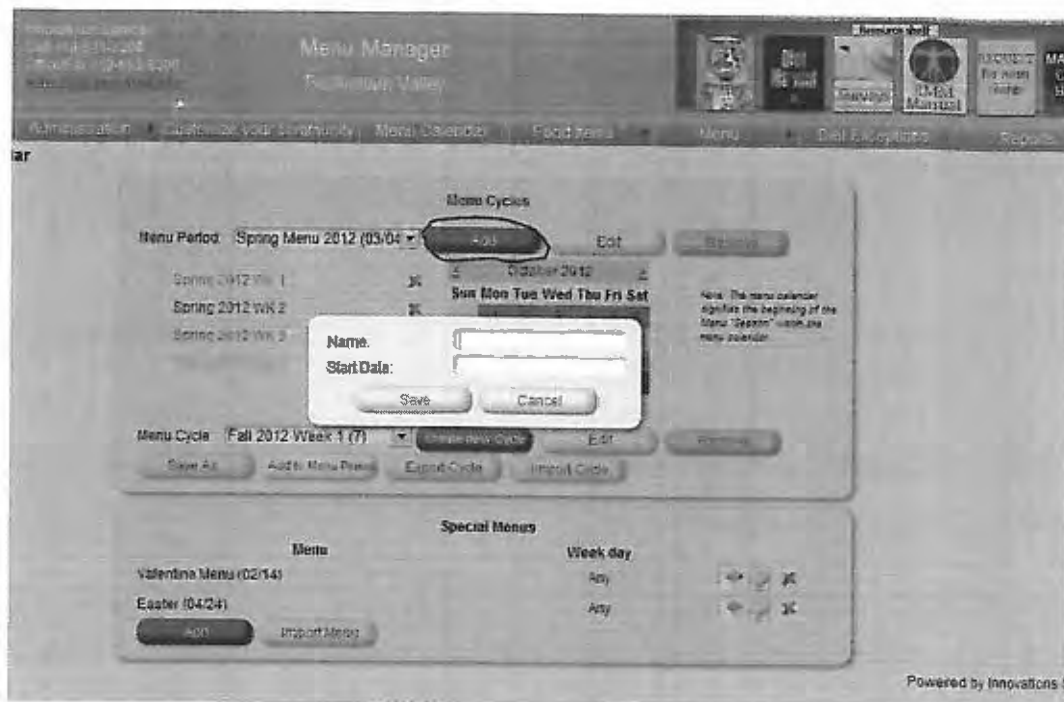
5. Name is as follows, and select a start date. [Please consult Chef Donald for date to start.] You can easily edit the date. The start date is the date of the day one cycle one and this will run thru all the menus in the period in an endless loop until you start a new period. [This will be for new menus to run in from Mary Grace]. 1,2,3,4,1,2,3,4,1,2,3,4,1,2,3,4 etc......
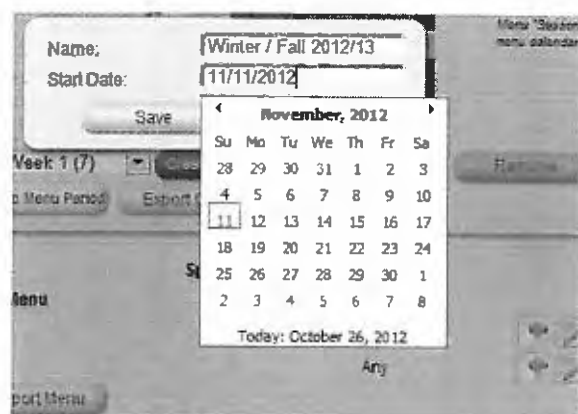
6. Now you have a period created and will need to add all four weeks of the menu to it. So the next step is to import cycles. Click on the import cycle and follow the browser to the folder that you unzipped and placed on your desktop. Select the first menu [note you can adjust the order as you add to the period or simply drag it once in the menu period to where you need in

SETTING UP IMPORTED MENUS

order.] The system will name the menu as imported to the correct week
FALL 2012.

SETTING UP IMPORTED MENUS

7. Import the remaining cycles from the folder into the Menu Cycle list. Then you can add all four weeks to the menu period.

Request for menu change

Cycle ⬜

Day ⬜

Meal

BRK	LUNCH	DINNER	other
⬜	⬜	⬜	⬜

Menu Item that needs changed

_____

_____

Replace with ? Justification

_____

_____

_____

_____

_____

_____

Process   **Please verify that all support systems have been changed**

Recipe	⬜	Menu	⬜
Production sheet	⬜	Extensions	⬜
Order Guide	⬜	Pre-prep	⬜

Comments:

_____

_____

_____

_____

_____

Asian Fried Rice

Mary Molt, PH.D., R.D.
Food for Fifty, Thirteenth Edition

Servings: 50

See p. 731 for spice toasting instructions.

Potentially hazardous food. Food Safety Standards: Hold food for service at an internal temperature of 135°F or above. Do not mix old product with new. Cool leftover product quickly, following time standards and cooling procedures on p. 167. Reheat leftover product quickly (within 2 hours) to 165°F or above. Reheat product only once; discard if not used.

NUTRITIONAL ANALYSIS: Because MasterCook's Ingredient List may not include all of the ingredients listed in this recipe, we have displayed the recipe's nutritional analysis as it appears in the FOOD FOR FIFTY book.

Calories 135 kcal   Carbohydrate 26.5 g   Protein 1.9 g   Fat 2.6 g   Cholesterol 4.7 mg   Sodium 410 mg Fiber 0.2 g   Iron 1 mg

3 lb 8 oz Jasmine Rice
4 1/4 qt Water
2 tbsp Margarine
2 tbsp Salt
4 oz Butter, un-salted
8 oz Sweet Onion, chopped
2 1/2 oz Fresh Ginger, minced
2 tbsp Garlic, minced
1 1/2 tbsp Whole Cumin, toasted, then ground (See Note)
1/2 C Catsup
2 tbsp Fish Sauce
2 tsp Sugar, Granulated
1 1/2 tsp Salt, Kosher
4 oz Green Onions, thinly sliced

Cook rice according to directions on p. 542. Chill rice and reserve for later step.

Heat butter in tilting fry pan. Add onion, ginger, garlic, and cumin. Sauté until fragrant, about 4 minutes.

Add catsup, fish sauce, sugar, and salt to sauteed vegetables. Simmer until the sauce is slightly thickened, about 5 minutes. Add rice reserved from earlier step. Stir-fry rice until thoroughly mixed and hot.

Stir in green onions and mix well. Transfer to 12 x 10 x 4-in pans.

Asian Fried Rice

Mary Molt, PH.D., R.D.
Food for Fifty, Thirteenth Edition

Servings: 126

See p. 731 for spice toasting instructions.

Potentially hazardous food. Food Safety Standards: Hold food for service at an internal temperature of 135°F or above. Do not mix old product with new. Cool leftover product quickly, following time standards and cooling procedures on p. 167. Reheat leftover product quickly (within 2 hours) to 165°F or above. Reheat product only once; discard if not used.

NUTRITIONAL ANALYSIS: Because MasterCook's Ingredient List may not include all of the ingredients listed in this recipe, we have displayed the recipe's nutritional analysis as it appears in the FOOD FOR FIFTY book.

Calories 135 kcal   Carbohydrate 26.5 g   Protein 1.9 g   Fat 2.6 g   Cholesterol 4.7 mg   Sodium 410 mg Fiber 0.2 g   Iron 1 mg

7 1/2 lb 8 oz Jasmine Rice
10 3/4 quarts Water
5 1/16 tablespoons Margarine
5 1/16 tablespoons Salt
10 1/16 ounces Butter, un-salted
20 1/8 ounces Sweet Onion, chopped
6 1/3 ounces Fresh Ginger, minced
5 1/16 tablespoons Garlic, minced
3 3/4 tablespoons Whole Cumin, toasted, then ground (See Note)
1 1/4 cups Catsup
5 1/16 tablespoons Fish Sauce
5 1/16 teaspoons Sugar, Granulated
3 3/4 teaspoons Salt, Kosher
10 1/16 ounces Green Onions, thinly sliced

Cook rice according to directions on p. 542. Chill rice and reserve for later step.

Heat butter in tilting fry pan. Add onion, ginger, garlic, and cumin. Sauté until fragrant, about 4 minutes.

Add catsup, fish sauce, sugar, and salt to sauteed vegetables. Simmer until the sauce is slightly thickened, about 5 minutes. Add rice reserved from earlier step. Stir-fry rice until thoroughly mixed and hot.

Stir in green onions and mix well. Transfer to 12 x 10 x 4-in pans.

Baked Ziti With Four Cheeses

Pasta Recipes

Servings: 58

Potentially hazardous food. Food Safety Standards: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

1 2/3 gallons canned crushed tomatoes
1 1/4 quarts tomato puree
3 5/8 ounces onion, finely chopped
1 1/4 tablespoons dried basil, crumbled
3/4 tablespoon dried oregano, crumbled
1/4 pound fresh parsley, minced
5/8 teaspoon black pepper
1 1/4 ounces salt (1 1/2 tbsp)
3 5/8 pounds ziti
3 5/8 gallons water
3 5/8 ounces salt
1/8 cup vegetable oil (optional)
3 5/8 pounds cottage cheese
1 3/4 pounds mozzarella cheese, shredded
1 3/4 pounds swiss cheese, shredded
1/4 pound minced fresh parsley
1 1/4 pounds provolone cheese, shredded

Combine tomatoes and seasonings in steam-jacketed kettle. Cover and simmer about 10 minutes. Turn off heat.

Cook pasta according to directions on p. 369. Drain. Cooked yield should be about 6 lb 6 oz.

Layer as follows into two 12x20x4-inch pans:
1. 2 lb sauce
2. 1 lb 10 oz cooked ziti
3. 12 oz cottage cheese
4. 6 oz mozzarella cheese
5. 6 oz Swiss cheese
Repeat steps 1-5. Smooth 2 lb sauce over top.

Sprinkle 2 oz parsley over sauce. Sprinkle 8 oz provolone cheese over parsley. Cover. Bake at 350°F for 20-25 minutes or until 180°F and cheese melts.

Yield: 2 3/8 pans 12x20x4 inches

Per Serving (excluding unknown items): 314 Calories; 12g Fat (33.3% calories from fat); 19g Protein; 34g Carbohydrate; 3g Dietary Fiber; 35mg Cholesterol; 1449mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 2 Vegetable; 1 1/2 Fat.

Baked Ziti With Four Cheeses

Pasta Recipes

Servings: 125

Potentially hazardous food. Food Safety Standards: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

3 5/8 gallons canned crushed tomatoes
2 5/8 quarts tomato puree
7 3/4 ounces onion, finely chopped
2 5/8 tablespoons dried basil, crumbled
1 3/4 tablespoons dried oregano, crumbled
5/8 pound fresh parsley, minced
1 1/3 teaspoons black pepper
2 5/8 ounces salt (1 1/2 tbsp)
7 3/4 pounds ziti
7 3/4 gallons water
7 3/4 ounces salt
1/3 cup vegetable oil (optional)
7 3/4 pounds cottage cheese
3 7/8 pounds mozzarella cheese, shredded
3 7/8 pounds swiss cheese, shredded
5/8 pound minced fresh parsley
2 5/8 pounds provolone cheese, shredded

Combine tomatoes and seasonings in steam-jacketed kettle. Cover and simmer about 10 minutes. Turn off heat.

Cook pasta according to directions on p. 369. Drain. Cooked yield should be about 6 lb 6 oz.

Layer as follows into two 12x20x4-inch pans:
1. 2 lb sauce
2. 1 lb 10 oz cooked ziti
3. 12 oz cottage cheese
4. 6 oz mozzarella cheese
5. 6 oz Swiss cheese
Repeat steps 1-5. Smooth 2 lb sauce over top.

Sprinkle 2 oz parsley over sauce. Sprinkle 8 oz provolone cheese over parsley. Cover. Bake at 350°F for 20-25 minutes or until 180°F and cheese melts.

Yield: 5 1/4 pans 12x20x4 inches

Per Serving (excluding unknown items): 314 Calories; 12g Fat (33.3% calories from fat); 19g Protein; 34g Carbohydrate; 3g Dietary Fiber; 35mg Cholesterol; 1449mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 2 Vegetable; 1 1/2 Fat.
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Baked Ziti With Four Cheeses

Calories (kcal):	314	
% Calories from Fat:	33.3%	
% Calories from Carbohydrates:	42.5%	
% Calories from Protein:	24.3%	

Per Serving Nutritional Information

Total Fat (g):	12g	18%	Vitamin B6 (mg):	.3mg	14%
Saturated Fat (g):	7g	34%	Vitamin B12 (mcg):	.7mcg	11%
Monounsaturated Fat (g):	3g	15%	Thiamin B1 (mg):	.4mg	26%
Polyunsaturated Fat (g):	1g	3%	Riboflavin B2 (mg):	.4mg	21%
Cholesterol (mg):	35mg	12%	Folacin (mcg):	36mcg	9%
Total Carbohydrate (g):	34g	11%	Niacin (mg):	4mg	20%
Dietary Fiber (g):	3g	14%	Caffeine (mg):	0mg	N/A
Protein (g):	19g	39%	Alcohol (kcal):	0	N/A
Sodium (mg):	1449mg	60%	% Refuse:		
Potassium (mg):	561mg	16%			
Calcium (mg):	375mg	38%	**Food Exchanges**		
Iron (mg):	3mg	18%	Grain (Starch):		1 1/2
Zinc (mg):	2mg	14%	Lean Meat:		2
Vitamin C (mg):	19mg	31%	Vegetable:		2
Vitamin A (i.u.):	1641IU	33%	Fruit:		0
Vitamin A (r.e.):	233RE	23%	Non-Fat Milk:		0
			Fat:		1 1/2
			Other Carbohydrates:		0

* Percent Daily Values are based on a 2000 calorie diet.

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Innovations Services
Cell 419-541-7238
Office/Fax 419-663-9300
www.innovaservices.info

RMM

Menu Manager
*Master Site

REQUEST for menu change | MASTER COOK BOOK

Home | Administration ▶ | Customize your community | Menu Calendar | Food Items ▶ | Menu ▶ | Diet Exceptions | Reports

Food Items>>Food Items

Food Items

Menu Period: Spring (04/29) | ▼ | Menu Cycle: Silver 8 | ▼ | All | ▼ | Filter | Show All

Input Search Text Here

Show duplicates | Import | Export food items | Add Food Item | No ingredients | No Food Values | Not Sel Diets | Alternates | Condiments

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 .. >>

Name	Default Portion Size	Measure	Serving Instructions	Ingredients count		
4 Layer Salad	4	Oz		7		
Acini De Pepe Fruit Salad	0.5	Cup		6	℞	
Almond Crusted Chicken	4	Oz		2		
Aloha Chicken Breast	4	Oz		2	℞	
ALTERNATES	0	Each		0		
Ambrosia Fruit Salad	0.5	Cup		5		
Amish Casserole	0.5	Cup		7		
Amish Chicken	4	Oz		3		
Amish Noodles	0.5	Cup		1		
Angel Food Cake	1	Slice	(1/12 th of a round cake)	6	℞	
ANGUS BACON CHEDDAR BURGER	4	Oz		6		
ANGUS BISTRO BURGER	4	Oz		15		
ANGUS PIZZA BURGER	4	Oz		5		
Apple Cobbler	0.5	Cup		4		
Apple Crisp	0.5	Cup		3		
Apple Crumb Cake	1	Slice	2x2" sq	2		
Apple Crumb Pie	1	Slice	1/10th of a pie	3		

Clear Food Items

Note: You may edit menu food item names. This will not affect the grocery list. However if you change an ingredient you must create a new recipe or edit it and save it in a new cook book, export it in Master Cook and then import into RMM in the Food Item section. See section called Cook Books for more information.

Creating Labels

Create your own food labels, simple press the printer icon and the label will be sent to Word .Once in Word simple merge into the label you desire

ANGUS BACON CHEDDAR BURGER : ground beef patties , hamburger bun, cheddar cheese, bacon, leaf lettuce, tomatoes
Calories 933, Fat 72g --- calories from fat 69.9%, Protein 48g, Carbohydrate 21g, Dietary Fiber 2g, Cholesterol 189mg, Sodium 1155mg,

Used by:

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Used by:

Innovations Services
Cell 419-541-7288
Office/Fax 419-663-9300
www.innovaservices.info

Menu Manager

*Master Site

RMM

Home
Reports

| Administration ▶ | Customize your community | Menu Calendar | Food Items | ▲ | Menu | ▲ | Diet Exceptions | Reports |

MASTER COOK BOOK

REQUEST for menu change

Resource shelf

RMM Manual

Surveys

Reports

DAILY   ALTERNATE   WEEKLY   EXTENSION   LUNCH-DINNER LG EXT   ALT. EXT.   SELECTION   MODIFIED   GROCERY   FOOD GROUPS

MISSING INGREDIENTS   DAILY PRODUCTION   MENU CHANGE AUDIT   QUICK PRINT   PREPARATION   ALTERNATE PRODUCTION   INGREDIENT SEARCH   TEMPERATURE

FOOD ITEMS

Start Date: 11/09/2012

Fall/Winter 2012 (09/16) : Silver 10 (7) : Day 6

End Date: 11/09/2012

Select Diet: ▶

☐ Without portion size

☐ Include nutritional info

Show Report   Print Report   Export To Excel   Export To Word

Note: Reports are printed two ways: on program or by exporting to Excel. It is recommended that you print preview all reports. Use the page set up feature to make adjustments with size, margins and spacing

Formatting of the reports can only be done in Excel. In Excel you have the ability to create borders, format font, coloring, adding pictures and more

You can also delete or add and change the items in Excel. For example you can add additional entrée or items that are offered in dining room.
are part of a CCRC you can add additional entrée or items that are offered in dining room.
Caution: Always export to Excel from RMM, this will ensure information is current, for example if you export a week with a special menu in it for a particular holiday, the next time you export, the holiday menu will not show if it is passed already because
the program will update, but the previous exported spreadsheet will not reflect the resumption of menu without holiday.

Powered by Innovations Services.

*Master Site

Alternate Menu
Friday, 11/09/2012

Hamburger

Grilled Cheese Sandwich

Grilled Chicken

Chicken Salad

Peanut Butter Sandwich

Ham Sandwich

Chef's Salad

*Master Site

Alternate Menu
Sunday, 11/25/2012

Hamburger (3 Oz)

Calories 388   Fat 22g --- calories from fat 51.0%   Protein 25g   Carbohydrate 22g   Dietary Fiber 1g   Cholesterol 78mg   Sodium 316mg

Grilled Cheese Sandwich (1 Each)

Calories 427   Fat 28g --- calories from fat 58.9%   Protein 18g   Carbohydrate 26g   Dietary Fiber 1g   Cholesterol 60mg   Sodium 706mg

Grilled Chicken (4 Oz)

Calories 529   Fat 30g --- calories from fat 52.9%   Protein 60g   Cholesterol 186mg   Sodium 449mg

Chicken Salad (3 Oz)

Calories 275   Fat 20g --- calories from fat 63.3%   Protein 24g   Carbohydrate 1g   Cholesterol 119mg   Sodium 448mg

Peanut Butter Sandwich (1 Each)

Calories 325   Fat 18g --- calories from fat 48.8%   Protein 12g   Carbohydrate 31g   Dietary Fiber 3g   Cholesterol 1mg   Sodium 420mg

Ham Sandwich (1 Each)

Calories 489   Fat 30g --- calories from fat 55.3%   Protein 31g   Carbohydrate 23g   Dietary Fiber 1g   Cholesterol 84mg   Sodium 1871mg

Chef's Salad (6 Oz)

Calories 372   Fat 24g --- calories from fat 59.1%   Protein 31g   Carbohydrate 7g   Dietary Fiber 3g   Cholesterol 84mg   Sodium 1750mg

What is a healthy choice?

Let's begin with the scientific stuff that sets the standards for eating choices that meet the guidelines of the American Heart, Cancer and Dietetic Associations as well as those of the FDA/USDA.

The three things that make food taste good are fat, salt and sugar. However, when recommending food items for wellness eating, we choose items that are low to moderate in fat, salt and sugar content.

- Fat: There are good fats and bad fats with bad fats being primarily those of animal origin or solid vegetable fats containing Trans fat. Good fats include for example, olive oil, and the oils contained in some fish and nuts.

Entrees earning the healthy symbol have 15 grams of fat or less per serving.

Cream soups, mashed potatoes, entrees with cream sauces, and puddings at BRC are all made with heavy cream so cannot be included. You can make them at home using 1% milk and have a tasty item that is also healthy for you.

Ice Cream averages 10 grams of fat per ½ cup serving, so enjoy it occasionally.

If you are a fan of potato chips and other snack chips, choose the baked varieties.

- Salt (sodium): The recommended daily sodium guideline has been reduced to 1500 mg. That is less than half the amount consumed by the average American on a daily basis.

Several of our favorite foods – ham, bacon, sausage, cheeses, soups, gravies and nearly all processed foods are too high in sodium to eat daily.

Although you can have small amounts of these foods, the healthy choice would be to choose them occasionally rather than daily.

Always taste your food first and skip the salt shaker. Generally, food that is well seasoned doesn't need salt added even if it is "no added salt."

- Sugar (Carbohydrates): Desserts are the obvious source of sugar; however, beverages contribute more sugar to the American diet than desserts. Like salt, sugar is added to processed foods during the production process to improve flavor – i.e. ketchup.

Pop contains an average of 8 tsp. of sugar per 12 oz can.

Coffee beverages (those enticing ones in coffee houses and their look-alikes everywhere) are loaded with added sugar and fat and can contain as many as 1,800 calories in ONE beverage! Ask for low-fat and skip the sweetener and you will save hundreds of calories.

Enjoy a cookie before getting to the point that you "just have to have" a whole bag of cookies.

For a healthy sweet treat, choose fresh fruits that are in season.

Introducing a new symbol - ℞♡ (Recommended for your Health)

When you see the ℞♡ symbol, it means that food item is a better choice than other items on the menu for healthy eating. Of course, you may choose whatever you wish; this just allows you to make an informed choice. If you choose healthier foods 80% of the time (17 meals per week) you can enjoy those other things that you love, but are not quite so good for you, without guilt. This process is called the "80/20 Rule."

It is important to note that this information is for wellness eating. If you follow a diet that is prescribed by your physician for therapeutic reasons, you will probably have additional

restrictions that you need to follow. Some of the items indentified with ℞♡ will work with your therapeutic diet without modification.

Think moderation. Portion size is key to healthy eating; if we choose only foods that are good for us but eat them in large quantities, the overeating will negate the health benefits.

All fried items and grilled sandwiches are occasional choices and should be included in the 80/20 rule.

Salad Bar:

All greens and fresh vegetables -1 cup - avg. 40 kcal 21 mg sodium

Low-fat cottage cheese – ½ cup - 101 kcal 409 mg sodium

Low-fat dressings - 1 pkt. - 2 kcal 430 mg sodium

Pasta and potato salads – ½ cup serving occasionally. 310 kcal 580 mg sodium

Kidney, black and other beans - ½ cup - 105 kcal 330 mg sodium

Fresh and canned fruits - 1 pc or ½ cup – avg. 60 kcal 0 mg sodium

Daily Menu:

Plain whole muscle meats (3 oz)

Plain starches and vegetables (½ cup)

80/20 Rule:

Processed meats - ham, bologna, sausage, etc.

Casseroles and seasoned vegetables

A program of Innovations Services provided to assist you with making healthy eating choices from any menu. Visit us at www.innovaservices.info

Follow this to a link to a report from Lindsay Vickroy from the Center for Science in the Public Interest: http://www.cspinet.org/restaurantreport.pdf

Choose Super Foods

Look for these foods and choose them often – these are on most of the super foods lists making the news these days.

Beans - a low-fat source of protein, a great source of soluble fiber.

Blueberries – excellent source of antioxidants, low in calories.

Broccoli – rich source of Vitamin A, Vitamin C, Vitamin K – good for your bones.

Nuts – great source of heart healthy fats, antioxidants, fiber and protein – with walnuts packing the biggest punch, all nuts are healthy in small amounts.

Oats – tasty sources of fiber, help lower cholesterol.

Peanut Butter – packed with omega-3 fatty acids that help fight heart disease.

Salmon – excellent source of omega-3 fatty acids, good for your heart.

Sweet Potato – best source of Vitamin A with high C content as well – a best source of Vitamin A with high C content as well.

Turkey – skinless breast is one of the leanest sources of protein and also contains Vitamins B6 and B12, niacin, selenium, zinc – nutrients needed for heart health and help fight cancer.

Yogurt – low fat or plain – higher in calcium and protein than other dairy products, almost a complete food.

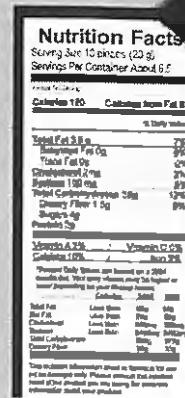# Recommended For Your Health

Look for the Healthy Recommendations Logo
Next to the Menu Items
And You will be able to Select
The Recommended Choice for a
Healthy Lifestyle!

R♡ Smaller portions

R♡ Less fried food

R♡ Less fat

R♡ Less salt

R♡ Become a nutrition label expert

R♡ Chew your food slowly

R♡ Drink plenty of water

R♡ Request condiments on the side

R♡ All foods in moderation

R♡ Select foods in a rainbow of colors

R♡ Select fruits, vegetables, and whole grain foods

R♡ Treat yourself occasionally

Nutrition Facts
Serving Size 10 pieces (23 g)
Servings Per Container About 6.5

Ask Your Server
or the Manager for More Information

Look for information about upcoming
"Healthy Recommendation Chats."

Affix Your
Logo Here